

Postpartum Support and Resources

- **Your personal physician** (Primary Care Provider, a previous mental health provider or OB/GYN)

- **Your family** (see attached handout on ways they can help you)

- **National Suicide Prevention Hotline 800-273-TALK (8255)**

- **Postpartum Support International**

www.postpartum.net; phone (800) 944-4773; text (503) 894-9453

Local Contacts for support, resources, referrals to mental health

- Megan Roberts (910) 898-2139 (text or call); email: mroberts@safecild.org
- Anne Wimer 919-434-5986 (text or call); email: awimer.psi@gmail.com

- **Welcome Baby Mom Supporting Mom Mentor Program in Triangle**

<https://safecildnc.org/welcome-baby-msm/>

Call "warmline" at 919.454.6946, text 910.898.2139, or email mroberts@safecildnc.org

- **WakeMed Postpartum Support Group in Raleigh**

<https://www.wakemed.org/post-partum-support-group>

WakeMed Corporate Center; 3128 Smoketree Ct; Raleigh, NC 27610

Meets every Wednesday from 10:30 am - 12 noon. No registration is required.

Contact: 919-350-8235 or email Shavonne (sbrewington@wakemed.org)