

Pregnancy and Postpartum Resources

UNC Treatment Options

UNC Health Care has multiple clinic locations and treatment options to serve women and their perinatal mental health needs. Descriptions of services are below.

Most appointments can be scheduled by calling: (984) 974-5217 - option 3

Clinic Locations:

1) UNC Center for Women's Mood Disorders – Perinatal Psychiatry Teaching Clinic

This teaching clinic provides assessment and treatment, including both psychotherapy and medication for women with depression or anxiety disorders during pregnancy and the postpartum period. The clinic is staffed by UNC Psychiatry residents and is held Thursday afternoons, supervised by Dr. Samantha Meltzer-Brody, MD and Friday mornings, supervised by Dr. Mary Kimmel, MD. Insurance accepted at time of appointment.

101 Manning Drive

First Floor, Neurosciences Hospital

Chapel Hill, NC 27599

To schedule an appointment call: (984) 974-5217 - option 3

www.med.unc.edu/psych/wmd

2) Perinatal Psychiatry Clinic at Rex Hospital

The UNC Perinatal Psychiatry Clinic has expanded to Rex Hospital in Raleigh. Pregnant and postpartum mothers with depression or anxiety may schedule an appointment at UNC or Rex. The Perinatal Clinic is located at the Rex Family Birth Center within the UNC Specialty Women's Center. Patients are able to make an appointment with attending psychiatrist Dr. Edith Gettes, MD or the clinic psychologist Dr. Dori Pelz-Sherman, PhD. Insurance accepted at time of appointment.

UNC Specialty Women's Center at Rex Hospital Campus

1st Floor, Rex Family Birth Center

4420 Lake Boone Trail

Raleigh, NC, 27607

****To make an appointment at Rex please call the UNC Psychiatry Clinic scheduling desk at (984) 974-5217 (option 3) and specify that you would like an appointment at the Rex location****

3) Perinatal Psychiatry Program at UNC OB/GYN Clinic

Chris Raines, RN MSN, is a psychiatric nurse practitioner available to see patients at UNC's Women's Hospital OB/GYN clinic location. Insurance accepted at time of appointment.

101 Manning Drive

First Floor, N.C. Women's Hospital

Chapel Hill, NC 27514

For appointments please call the OB-GYN clinic at 984-974-2131

4) Psychotherapy Services at the UNC Center for Women's Mood Disorder – Perinatal Psychiatry Clinic

For patients seeking psychotherapy, the UNC Neurosciences Outpatient Clinic has available Dr. Amanda Harp, PhD and Dr. Crystal Schilling, PhD for appointments. Insurance accepted at time of appointment.

101 Manning Drive
First Floor, Neurosciences Hospital
Chapel Hill, NC 27599

To schedule an appointment call: (984) 974-5217 - option 3 – are psychotherapy services available only during WMDC.

5) UNC Mental Health Specialists at Connor Drive

*A private practice setting is available for **fee-for-service** appointments in Chapel Hill near University Mall in a lovely setting with front door parking. Full fee required at time of appointment. Patients may file their own insurance reimbursement.*

110 Conner Drive, Suite 4
Chapel Hill, NC

To schedule an appointment call: 919-445-0770.

6) UNC Perinatal Psychiatry Inpatient Unit

If you or a loved one is experiencing severe symptoms of a perinatal mood disorder and may need more intensive treatment, UNC has the first of its kind inpatient psychiatry unit for mothers during the pregnancy or postpartum period.

To make Referrals to the Inpatient Program, or for more information:

call the UNC Psychiatry Admissions Office at (984) 974-3834

http://www.med.unc.edu/psych/wmd/patient_care/perinatal-inpatient

Additional Resources

Perinatal/Postpartum Depression and Anxiety Support Group

The UNC Center for Women's Mood Disorders now offers a free support group for women with depression or anxiety during pregnancy and up to one year postpartum.

Meetings: 2nd and 4th Tuesday of each month

6:30-8:00pm

UNC Family Medicine Center

590 Manning Drive

Chapel Hill, NC (corner of 15-501 and Manning Dr.)

For more information about the support group, and to register, please contact psychiatric nurse practitioner Chris Raines at (919) 966-3115 or by email at christena_raines@med.unc.edu

Postpartum Education and Support (Raleigh Support Group)

Postpartum Education and Support (PES) is a nonprofit, 501(c)(3) organization dedicated to the emotional wellness of mothers. We offer support for mothers and their families, provide resources for health care providers, and heighten public awareness of perinatal mood disorders.

www.pesnc.org

Postpartum Support International

International pregnancy and postpartum support, education and awareness organization with a 24-hour toll-free hotline to connect mothers seeking help with appropriate local resources.

1 (800) 944-4773

www.postpartum.net

Postpartum Education for Parents

Provides peer support, parenting and education classes to parents in need of additional resources. 24-hour warm line for parents in need of support.

(805) 564-3888

www.sbpep.org

Postpartum Progress

PostpartumProgress is a blog and non-profit organization that offers in-depth information, support and hope for all pregnant and new moms who have postpartum depression and all other mental illnesses related to pregnancy and childbirth.

<http://postpartumprogress.com/>

The Marcè Society

International organization aiming to promote, facilitate and communicate about research into all aspects of the mental health of women, their infants and partners around the time of childbirth.

www.marcesociety.com

Health Resources and Services Administration (HRSA)

Basic information about perinatal depression symptoms and where to find help

www.mchb.hrsa.gov/pregnancyandbeyond/depression