**Resource list for Mother’s with Mood Disorders**

*Alliance Behavioral Healthcare*

* For mother to call 24 hours per day, 7 days per week in Wake, Durham, Johnston, and Cumberland Counties
* allianceBHC.org, click on find providers tab
* this is only for Medicaid and uninsured mothers

*Holly Hill*-Mental Health emergency (go to nearest ED)

* 919-250-7000

*UNC Center for Women’s Mood Disorders*

* 919-996-5217 [www.womensmooddisorders.org](http://www.womensmooddisorders.org)

*Social Services* to report neglect or to provide resources for mom/child

* 919-212-7000 or 212-9529

**Providers**

***Margot A. Holloman***

* Is a clinical psychologist with an extensive background in the treatment of depression
* 919-816-0607 or 919-363-4703
* 74404-A Chapel Hill Road, Raleigh, NC 27607
* <http://www.drmagotholloman.com>
* $120-$150 per session. Takes BCBS, anyone else is out of network

***William Myer, MSW***

* Bill Meyer is an associate clinical professor in the department of psychiatry and OB/GYN at duke University Medical Center.
* He leads the Duke Postpartum support program, and has a private practice in his home. Support group in Durham meets 1st and 3rd Thursdays from 7-8:30pm.
* williammeyer@duke.edu
* He works a couple days per week to see patients as a courtesy or phone advice. Does not take insurance or reimbursement.
* Prefers that mother call directly, 919-681-6810

***Samantha Melzer-Brody, MD***

* Dr. Meltzer-Brody is a psychiatrist and researcher at UNC with special interest and expertise in PMD.
* 919-966-5217 or 919-962-9766
* <http://www.med.unc.edu/psych/directories/faculty/samantha-meltzer-brody-m-d>
* Accepts all insurance except Aetna. Accepts Medicaid.

***Dori Pelz-Sherman, PhD***

* Dr. Pelz-Sherman is a doctoral level clinical psychologist whose degree includes a concentration in Parent infant mental health.
* 919-434-1661, <http://drpelz-sherman.com/>
* Will give paperwork to submit to insurance. No Medicaid

**Support Groups**

**Nursing Mothers of Raleigh**: Free phone counseling and virtual support group. <https://www.nursingmothersofraleigh.org/>

**WakeMed Support Group**: Mondays from 10am – 11:30am at WakeMed Corporate Center at Highwoods and every Wednesday from 3pm – 4:30pm at WakeMed Apex Healthplex. No registration needed. | 919.350.8235

**La Leche League:** Meetings held in Cary, Raleigh, and Wake Forest. [https://www.lllofnc.org/groups/wake](https://www.lllofnc.org/groups/wake/)

**Emerald Doulas**: Pregnancy, new moms, moms of color, and LGBTQ+ new parents support groups. <https://www.emeralddoulas.com/> 919.864.8361

**Websites/Links for support and information**

[www.postpartumprogression.com](http://www.postpartumprogression.com)

[www.postpartumstress.com](http://www.postpartumstress.com)

[www.mededppd.org](http://www.mededppd.org)

<http://www.postpartumdads.org>

<http://www.postpartum.net/>