



## WOMEN AND FAMILIES MENTAL HEALTH RESOURCE LIST

Providers serve all Chatham County residents unless otherwise stated. **If you are experiencing a life-threatening emergency or crisis, call 911 immediately.**

To verify the information provided in this list, please contact our local care management entity **Cardinal Innovations** at (919) 913-4000 or toll-free at (800) 939-5911 [www.cardinalinnovations.org](http://www.cardinalinnovations.org).

**El Futuro, Inc.**

319 A E 3<sup>rd</sup> Street  
 Siler City, NC 27344  
 P (919) 799-2625  
 F (919) 663-0264  
 Serves Spanish speakers  
[www.elfuturo-nc.org](http://www.elfuturo-nc.org)

Bilingual mental health and substance abuse services are available on Tuesdays 9:00am-7:00pm and Wednesdays 9:00am-5:00pm in the Siler City office. Other locations available in Carrboro and Durham. Accepts children 6 and older for services. Services provided include:

- Mental Health Evaluations
- Individual, Family and Group Therapy
- Psychiatric Treatment
- DWI Assessment and Treatment (including ADETS)
- Parenting classes, social skills classes and DBT Skill Classes
- Substance Abuse Evaluation and Treatment
- Trauma Treatment (all ages)

*Medicaid, Health Choice, and private insurances accepted. Uninsured patients accepted.* For further questions surrounding payment, clients are encouraged to attend an orientation appointment.

**Peak Professional Group**  
**Counseling for Growth, Transformation & Inspiration**

*Pittsboro Office*  
 200 Sanford Road, Suite 2  
 Pittsboro, NC 27312  
 P (919) 335-3105  
 P Spanish Speakers (919) 412-5685  
 C (919) 412-5685  
[www.peakprofessionalgroup.com](http://www.peakprofessionalgroup.com)

Bilingual counseling available. Offices in Pittsboro and Apex. Services provided include:

- Individual Counseling
- Couples Counseling
- Family Therapy
- Group Therapy
- Y.E.S. Program- Youth: Empowered & Supported- A school-based Mental Health Counseling Program

*Blue Cross and Blue Shield, Aetna, Medicaid (Alliance & Cardinal Innovations), Medicare, Tricare, United, and Veteran's Choice all accepted.*



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<p><b>Pinnacle Family Services</b>  <b>Formerly NC Mentor</b>  <i>Raleigh Office</i>  P (919) 790-8580  F (919) 790-8065  <a href="http://www.pinnaclefamilyservices.org">www.pinnaclefamilyservices.org</a></p>	<p>Provides home and community-based programs for <b>at-risk youth and their families</b> including:</p> <ul style="list-style-type: none"> <li>▪ Therapeutic and medically complex foster care</li> <li>▪ Family preservation services</li> <li>▪ School-based services</li> <li>▪ Juvenile offender programs</li> <li>▪ Early intervention</li> <li>▪ Adoption services</li> </ul> <p>Services include individual counseling, day treatment programs, and therapeutic support (may be provided in school or at home). Pinnacle can also support families experiencing challenges with: behavior; domestic violence; ADHD; substance abuse; depression/anxiety; divorce; family conflict; and school challenges.</p> <p><i>Medicaid accepted.</i></p>
<p><b>Therapeutic Alternatives</b>  Mobile Crisis Management  24 hours per day/7 days per week  Crisis Line: (877) 626-1772  <a href="http://www.mytahome.com">www.mytahome.com</a></p>	<p>Mobile Crisis response provides an immediate evaluation, triage, and access to acute MH/DD/SA services, treatment, and supports. These services include immediate telephonic response to assess the crisis and determine the risk, mental status, medical stability, and appropriate response. Be prepared to give the MCM team as much information as possible when you contact them such as: name, date of birth, diagnoses, medications, Medicaid number, medical issues, brief psychiatric history, family issues and concerns, history of aggression, history of law enforcement involvement, and current concern.</p>
<p><b>Daymark Recovery Services</b>  <i>Siler City Office</i>  1105 E Cardinal Street  Siler City, NC 27344</p> <p>Starting July 3, 2017, Daymark will be Chatham County's community mental health and substance abuse provider. You can make an appointment now for dates after July 3 by calling Daymark's Sanford clinic at 919-774-6521. You also can see a therapist at the Sanford clinic before July 3 and have records transferred to Siler City later.</p>	<p>Starting July 3, 2017, services provided Monday-Friday 8am-5 pm at the Siler City office include:</p> <ul style="list-style-type: none"> <li>▪ Walk-in assessment/referral (includes emergency response via outpatient assessment or referral to MCM)</li> <li>▪ Mental health evaluations</li> <li>▪ Mental health and substance abuse treatment for adults, teens, and children 3 years and older</li> <li>▪ Outpatient individual and group therapy for both mental health and substance abuse</li> <li>▪ Comprehensive clinical assessments</li> <li>▪ Group for adult child</li> <li>▪ Medication management</li> <li>▪ Intensive in-home services for children and families</li> <li>▪ Psychiatric evaluations</li> </ul> <p><b>24-hour, Toll-free Access Call Center (800) 939-5911</b></p> <p>Interpreters available for Spanish speaking clients. <i>Medicaid accepted.</i></p>

List Created by Chatham Health Alliance Mental Health Subcommittee  
Send updates or changes to [alicia.doran@chathamnc.org](mailto:alicia.doran@chathamnc.org)  
[www.chathamnc.org/publichealth](http://www.chathamnc.org/publichealth)



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<p><b>UNC Center for Women’s Mood Disorders</b>          101 Manning Drive          Department of Psychiatry          First Floor, Neurosciences Hospital          P (984) 974-5217 (with confidential voicemail)  <a href="http://www.womensmooddisorders.org">www.womensmooddisorders.org</a></p>	
<p><b>UNC Support Group for Pregnant and Postpartum Women</b>          Co-sponsored by UNC Department of Psychiatry          Perinatal Mood Disorder Clinic and UNC Family          Medicine Department of Maternal and Child Health          Location: Chapel Hill          2nd and 4th Tuesday of every month          6:30pm to 8:00 pm          Contact: Chris Raines, RN MSN WH/PMHNP          P (919) 966-3115</p>	<p>The following groups offer support at no charge for women who are at risk of or are experiencing distress such as isolation, depression, anxiety, fearful thoughts, insomnia, trauma, and other difficulties during pregnancy or postpartum. Support groups provide a safe and caring place for connection and recovery. Please call or email for more information.</p>
<p><b>New Moms Support Group</b>          Location: Durham          Emerald Doulas, LLC          5315 Highgate Drive, Suite 202          Durham, NC 27713          P (919) 864-8361</p>	<p>Meets the third Saturday of every month at 2pm. There is free parking and plenty of space for babies to crawl and play. The New Moms Support Group provides a safe, judgement-free opportunity to do just that. Meetings are always free and open to pregnant mothers and moms with infants under one year.</p>
<p><b>Perinatal Mood Disorder Support Group</b>          Location: Durham          Emerald Doulas, LLC          5315 Highgate Drive, Suite 202          Durham, NC 27713          P (919) 864-8361  <a href="http://www.emeralddoulas.com/pmdsupport/">www.emeralddoulas.com/pmdsupport/</a></p>	<p>Meets the second and fourth Mondays of each month at 7pm. Meetings are always free, and are open to all pregnant women and mothers.</p>
<p><b>COPING WITH MOTHERHOOD SUPPORT GROUP</b>          Location: Chapel Hill          Women’s Birth and Wellness Center          Chapel Hill, NC          For more information, please call or email:          Nancy Albrecht, RN, BSN, MA, IBCLC          P (919) 933-3301, ext. 207  <a href="mailto:nancy@ncbirthcenter.org">nancy@ncbirthcenter.org</a></p>	<p>Meets the 1st and 3rd Thursday mornings of each month. A mother-to-mother support group for perinatal mood disorders facilitated by a registered nurse experienced in perinatal support.</p>

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## WOMEN AND FAMILIES MENTAL HEALTH RESOURCE LIST

### **MOMS SUPPORTING MOMS**

Raleigh/Cary/Triangle  
P (919) 454-6946

A peer support group for women experiencing symptoms of postpartum mood disorders (including postpartum depression and anxiety). We also offer email and phone support. Please call for more information, meeting times, and locations.

### **PSI Warmline (English and Spanish)**

Call the PSI Warmline at (800) 944-4773(4PPD)

The PSI Warmline is a toll-free telephone number anyone can call to get basic information, support, and resources. Dial extension 1 for Spanish and extension 2 for English. The Warmline messages are returned every day of the week. You are welcome to leave a confidential message any time, and one of the Warmline volunteers will return your call as soon as possible. If you are not able to talk when the volunteer calls you, you can arrange another time to connect. The volunteer will give you information, encouragement, and names of resources near you.

The PSI Warmline is not a crisis hotline and does not handle emergencies. People in crisis should call their physicians, their local emergency number, or the National Suicide Prevention Hotline at 1-800-273-TALK (8255).