

Maternal Mental Health in the Cape Fear Region

Prenatal and Postpartum Support

I am so overwhelmed

No one understands how hard this is

Will I ever have the “old” me back?

Maybe I am a bad mom

I feel so short tempered

Everyday feels too long and I need a break

I am exhausted but I can't sleep

I feel like this comes natural to other moms but not me

I am having worrisome thoughts

If you are having some of these thoughts, please know

You are not alone and help is available



Most women experience mild mood shifts during and after pregnancy, 15-20% experience symptoms of depression or anxiety that are severe enough to interfere with daily life

With help from a professional, symptoms can be managed and you can feel better.

Support is available. You do not have to suffer.

Online information and resources

Postpartum Support International

www.postpartum.net

Call or Text PSI Helpline 1-800-944-4773

Local Therapists and Counseling Resources

Stephanie Vlad, MA, LPA, PMH-C

321 North Front Street Suite 110 Wilmington, NC 28401
910-530-0526
www.stephanievlad.com

Michelle Walker, MSW, LCSWA

Salt and Cypress Counseling PLLC
313 Walnut Street Suite 101 Wilmington NC 28401
910-248-4530
www.saltandcypresscounseling.com

Emily Savard Barlas, MA, LPC, LCAS, PMH-C

Cape Fear Psychological Services
1121 Medical Center Drive Wilmington, NC 28401
910-763-8134
www.capefearpsychologicalservices.com

Lauren Butler, MSW, LCSWA

Arise Counseling and Therapy
530 Causeway Dr Suite A2, Wrightsville Beach,
NC 28480
910-707-4160
www.arisecounselingandtherapy.com

Kerry Christopher, MSW, LCSW

New Hanover County Public Health
1650 Greenfield Street Wilmington, NC 28401
910-798-3500

Windy Ezzell, MA, LPC

Inner Solutions Counseling Center, PLLC
1133 Military Cutoff Road Suite 210 Wilmington, NC 28405
910-256-3784 x 101
www.innersolutionscounseling.com

Dr. Laura Ginther, PsyD

313 Walnut Street Suite 16 Wilmington, NC 28401
910-356-9829

Local Therapists and Counseling Resources

Sarah Hess, MAS-MFT, LMFT

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1121 Medical Center Drive Wilmington, NC 28401
910-763-8134
www.capefearpsychologicalservices.com

Jordan Mitchener, MA, LCMHC

Reclaim Counseling and Wellness
1427 Military Cutoff Road, Suite 211
336-675-8287
www.reclaimcounselingwellness.com

Alexis Steele, MSW, LCSW

Progress Counseling, PLLC
3722 Shipyard Boulevard Suite A Wilmington, NC 28403
910-569-8215

Ashley Trotter, MA, LCMHCA

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1427 Military Cutoff Road, Suite 211
336-675-8287
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