

You are important.

Explore your options for support.

Whether you're thriving or facing challenges, this guide connects you with resources and valuable support. Explore options that are designed to help you.

Social and health challenges are common. You do not need to have a problem or concern to learn about resources. For more information, ask your **health care team**.



Access to Food and Infant Feeding Support

WIC provides food for eligible mothers during pregnancy and postpartum, as well as providing infant feeding support. SNAP is another source of food for qualifying families. **We can help with applications.** Food pantries provide high-quality food for you and your family. Farmers markets, churches, and community spaces often offer fresh or packaged food. Learn more at foodbankcenc.org or call **919-875-0707**.



Hygiene Products

Diapers, wipes, menstrual pads, and adult incontinence supplies can be expensive. If you have extras, consider donating them. Many programs help distribute these essential products to those in need. Explore www.ncdiaperbank.org/need-help



Legal Rights

Legal aid programs are available and you might be eligible for free legal help. To learn more about your rights, such as with housing, nutrition and disability benefits, and health insurance, check out legalaiddnc.org or call **1-866-219-5262**. Legal aid services are free and confidential.



Mental Health

Everyone should have access to mental health support, regardless of their current situation. Whether it's talking about your feelings, connecting with others, or taking medication if advised, mental health resources are there for you. You do not need a diagnosis to take steps to heal faster and be well. Explore postpartum.net, call **1-800-944-4773**, or text "**Help**" to **800-944-4773**. For emergencies, reach out to the Suicide & Crisis Lifeline at **9-8-8**.



Paying for Healthcare

Affordable health insurance can be challenging to find. For help, visit ncnavigator.org or call **1-855-733-3711**. Many clinics also have financial navigators to help you explore insurance options, set up payment plans, or access discounted healthcare costs. To reach **UNC ObGyn Navigators**, please call **984-215-6528**.



General Resources

Visit nc211.org or call **2-1-1** for free and confidential information. For more UNC ObGyn maternity care information, scan the QR code or go to go.unc.edu/uncpregnancy