

Black Maternal Health Resource Guide

Franklin Chapel A.M.E. Zion Church – Health & Wellness Ministry

This guide provides trusted local, state, and national resources to support Black maternal health before, during, and after pregnancy. Please share and keep this guide accessible.

Local Health Departments

Scotland County Health Department

1405 W Boulevard, Laurinburg, NC 28352

Phone: 910-277-2440

Website: <https://www.scotlandcounty.org/805/Health-Department>

Hoke County Health Department

683 E Palmer Road, Raeford, NC 28376

Phone: 910-875-3717

Website: <https://www.hokecounty.net/630/Health-Department>

24/7 Maternal Mental Health Support

National Maternal Mental Health Hotline

Call or Text: 1-833-TLC-MAMA (1-833-852-6262)

Available 24/7 in English & Spanish

Website: <https://mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline>

North Carolina & National Organizations

- NC MATTERS – <https://www.med.unc.edu/ncmatters/>
- MAAME, Inc. – <https://maameinc.org/>
- Postpartum Support International – <https://www.postpartum.net/>
- Black Mamas Matter Alliance – <https://blackmamasmatter.org/>

Know the Warning Signs

Seek medical care immediately if experiencing: severe headache, chest pain, trouble breathing, heavy bleeding, swelling of face or hands, vision changes, severe abdominal pain, or feelings of distress or hopelessness.

Advocate for Yourself

Bring a trusted support person, write down symptoms and questions, ask for explanations, and request a second opinion if something does not feel right. You deserve respectful, quality care.

Emergency Disclaimer: This guide is for informational purposes only and is not medical advice. In an emergency, call 911 or go to the nearest emergency room.

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Contact: <https://franklinchapel.org/contact/>