



Dare County

PERINATAL RESOURCE GUIDE

Doulas & Childbirth Education

Olivia Celeste Doula Services
301-412-7633
ocdoulaservices@gmail.com
<https://obxdoula.wordpress.com/>

Brighten Birth
Kelly Jernigan
brighten.birth@protonmail.com

PSI Helpline 1-800-944-4773

Helpline hours are 8am - 11pm EST. Call or text and be connected with your local PSI Coordinator who can help connect you to local resources. This is not a crisis line.

National Maternal Mental Health Hotline 1-833-852-6262

Pregnant or just had a baby? The National Maternal Mental Health Hotline is free, confidential, and here to help, 24/7. Someone to talk with for that in-the-moment support.

Mental Health & Counseling

Dare to Grow Counseling, PLLC
12 Juniper Trail
Kitty Hawk, NC 27949
252-616-0658
Crystal Abernathy
Crystal@daretogrowcounseling.com
daretogrowcounseling.com

Peaceful Waters Counseling & Wellness Center
380 Caratoke Highway, Suite J
Moyock, NC 27958
252.232.8086
Info@peacefulwaterscounseling.com
<https://peacefulwaterscounseling.com/>

Wayfinding Counseling
3210 North Croatan Highway, Suite 1A
Kill Devil Hills, NC
(252) 715-1721
Tristan Roderick
tristanroderick@counselingsecure.com
<https://wayfindingcounselingobx.com/>

Changing Tides
3512 N Virginia Dare Trail
Kitty Hawk, NC 27949
252-542-3048
reservations@changingtidesobx.com
<https://changingtidesobx.com/>