



the virtual library

GENERAL WOMENS HEALTH | PREGNANCY AND CHILDBIRTH |
POSTPARTUM AND INFANT CARE

THE WOMEN'S HEALTH EDUCATION CENTER AT UNC HOSPITALS

how to use the virtual library

This resource provides virtual access to information on various topics regarding women's health.

To use the library, enter slideshow mode by either clicking on the Slide Show tab at the top, or clicking the slideshow icon at the bottom of the screen.



Each topic in the brown textbox will access a link with more information.

Click on the brown boxes to browse topics for more information from credited sites and local resources.

NOTE: Websites may take about 5-10 seconds to load once clicked on.

PAGES BY TOPICS

1. General Women's Health
2. Wellness and Safety
3. Prenatal Care
4. Labor and Delivery
5. Breastfeeding Support
6. Postpartum Care for Mom
7. Infant Care
8. Parenting Resources
9. Info about Termination or Miscarriages
10. Community Resources
11. Research Studies

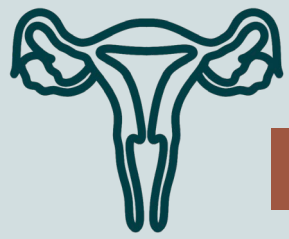
For support or resource suggestions...

email stork@unchealth.unc.edu

Thank you and enjoy our library!



Mental Health | OWH



Prevent Cervical Cancer | CDC



Mammograms | FDA

Mammograms at UNC

Breast Cancer Resource List | UNC Lineberger

general women's health



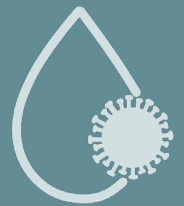
Heart Health | WomenHeart

Heart Health for Women | FDA



Women and Diabetes | FDA

Diabetes and Prediabetes | CDC



Women and HIV | FDA

HIV Info | CDC



UNC Pelvic Pain Center



UNC Fertility Center



wellness

Beacon Program

Carolina Massage and Wellness

All MomBaby Resources

Making the Most of your Health Care Visits

Prenatal Screening Options | MomBaby

Medication Use During Pregnancy| MomBaby

Free Text Service for You and Baby

Receiving Midwifery Care

UNC OBGYN Services

UNC Midwives

prenatal
care





labor and delivery

get support

Birth Partners Free Doula Service at UNC

UNC OBGYN Services

UNC Midwives

Receiving Midwifery Care

pain management at unc

Nitrous Oxide

Epidural at UNC

If a Cesarean Birth is Indicated

Cord Blood Donation at UNC

Additional Labor and Delivery Resources |
MomBaby

learn more

Breastfeeding Resources | Office on
Women's Health

Guide to Breastfeeding | Office on
Women's Health

Baby Friendly USA

Resources: Nursing At Work

connect with others

UNC Breastfeeding Support

La Leche League of Chapel Hill

La Leche League of North Carolina

Nursing Mothers of Raleigh

breastfeeding
support



postpartum care for mom



Taking Care of You! | MomBaby

Birth Control after Baby | MomBaby

Postpartum Newborn Home Visiting
Program | Orange County



infant care



car safety

Carseats and
Booster Seats

Seatbelt and Carseat
Information

Look Before
You Lock



home safety

Healthy Homes | Orange
County

Operation Medicine Drop |
NC Fire Marshall

Safe Kids | NC Fire
Marshall

Infant and Toddler Safety |
CDC



safe sleeping

Safe to Sleep | NIH

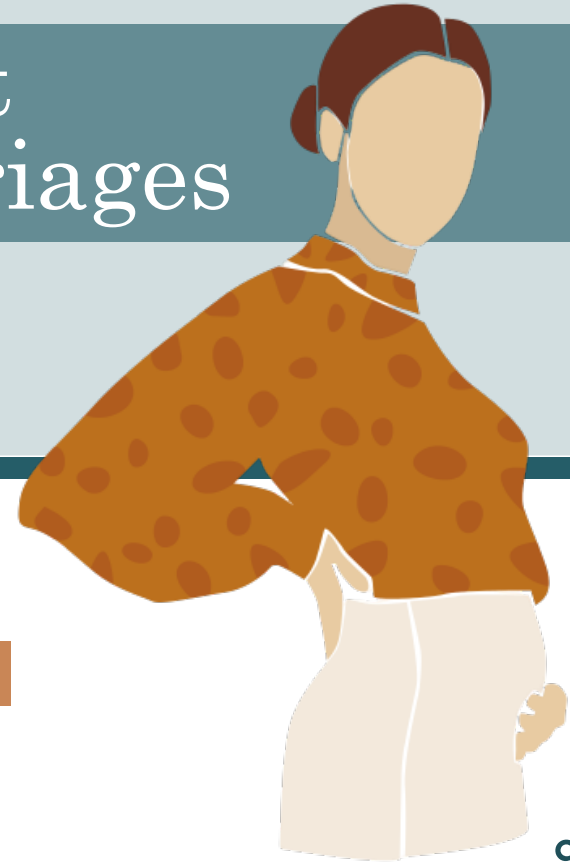
Safe Sleep | American Academy of Pediatrics

parenting resources



[Find Childcare Services](#)

information about termination or miscarriages



Abortion Clinics In North Carolina

Information and Support from the Carolina Reproductive Action Network

Loss and Grief in Pregnancy and Postpartum

La Leche League of Chapel Hill

Nursing Mothers of Raleigh

Virtual **Moms** Networking Group

community resources





research studies

Check out Research For Me for up-to-date recruiting studies!

Have a resource that you are looking for or
find useful?
Send us an email!



stork@unchealth.unc.edu

Created by Zara Mehta

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