PERINATAL MOOD AND ANXIETY DISORDER RESOURCES

Beyond the Baby Blues

Support groups for maternal mental health issues and loss.

• beyondthebabyblues.org



Postpartum Support International

Online provider directory and online support groups for moms, dads, and partners.

- postpartum.net
- · PSI Helpline
 - o Call 1-800-944-4773
 - Text "Help" to 800-944-4773 (English) or 971-203-7773 (Spanish)



Chicagoland's Fussy Baby Network

Telephone support, home visits, parent groups, and clinic for families with questions about crying, sleeping, or feeding during the first 12 months of their baby's life.

• Call 1-888-431-BABY (1-888-431-2229)

NorthShore MOMS Line

Northshore Hospital team dedicated to supporting those experiencing perinatal depression.

• Call 1-866-364-MOMS (1-866-364-6667)

Edward/Elmhurst Moms Line

• Call 1-630-527-7294

Northwestern Medicine COMPASS

Northwestern patients collaborative care team. Support lasts from pregnancy to one year after the baby is born.

• <u>compass-care.northwestern.edu</u>





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Ascension St. Alexius Medical Center

Support groups, pregnancy and postpartum depression and anxiety programs.

• healthcare.ascension.org



The Crisis Nursery

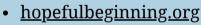
Free, short-term care for families in crisis with children birth to 6 years.

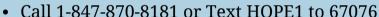
- dhs.state.il.us/page.aspx?item=55909
- 24 hour hotline: Call 1-733-205-3637



Hopeful Beginnings

Perinatal depression and anxiety counseling, adjustment to motherhood counseling, options counseling, baby items. All services are free and offered virtually or in-person at the Elgin office located in Well Child Center (English and Spanish).







The Postpartum Depression Program at Healthcare Alternative Systems

All services free of charge. Clinical evaluations, individual and family therapy, support groups, psychiatric evaluation, medication monitoring, and case management.

- hascares.org
- Call 773-252-3100



Postpartum Depression Alliance of Illinois

Informed support and information to women and families experiencing pregnancy and/or postpartum mood disorders.

- <u>ppdil.org</u>
- Call 1-847-205-4455



National Maternal Mental Health Hotline

24/7, free, confidential hotline for pregnant and new moms in English and Spanish.

- mchb.hrsa.gov/national-maternal-mental-health-hotline
- Call 1-833-TLC-MAMA (1-833-852-6262)

