

# PERINATAL MOOD AND ANXIETY DISORDER RESOURCES

## Beyond the Baby Blues

Support groups for maternal mental health issues and loss.

- [beyondthebabyblues.org](http://beyondthebabyblues.org)



## Postpartum Support International

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

- [postpartum.net](http://postpartum.net)
- PSI Helpline
  - 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.

- [compass-care.northwestern.edu](http://compass-care.northwestern.edu)



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## **Ascension St. Alexius Medical Center**

Support groups, pregnancy and postpartum depression and anxiety programs.

- [healthcare.ascension.org](http://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](http://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).

- [hopefulbeginning.org](http://hopefulbeginning.org)
- Call 1-847-870-8181 or Text HOPE1 to 67076



## **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](http://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.

- [ppdil.org](http://ppdil.org)
- 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](http://mchb.hrsa.gov/national-maternal-mental-health-hotline)
- Call 1-833-TLC-MAMA (1-833-852-6262)

