

Perinatal Mental Health Resources



National Maternal Mental Health Hotline: 24/7, free, confidential support before, during, and after pregnancy. Offers callers support information, resources, and referrals. English and Spanish counselors are available and interpretation in 60 languages.

Website: <https://mchb.hrsa.gov/national-maternal-mental-health-hotline>
Hotline: Call or text 1-833-943-5746 (1-833-9-HELP4MOMS)

Postpartum Support International: Supports mothers and family members affected by Perinatal Mood and Anxiety Disorders through online information, individual and group telephone support and community resources.

Website: www.postpartum.net
Support Line: 1-800-944-4773

Northshore Moms Line: 24 hour support through free and confidential hotline answered by professional counselors. (Provided through Northshore University Health system)

Support Line: 1-866-364-MOMS (6667)

NIH Moms Mental Health Matters: Information on prenatal and postpartum mental health and free printable informational pamphlets.

Website: nichd.nih.gov/MaternalMentalHealth
Informational Video: <https://www.youtube.com/watch?v=zbUI2hZNIKY#action=share>

Mother to Baby: Talk to an expert or read information online about medications and other exposures during pregnancy and while breastfeeding. Free fact sheets that answer frequently asked questions in English and Spanish are available online.

Website: <https://mothertobaby.org>
Support Line: Call 866-626-6847 or text 855-999-3525.

Fussy Baby Network: A support line for new parents with an infant who cannot be comforted or is having trouble establishing regular sleep or eating patterns. Call to receive expert guidance and emotional support. All services are offered in Spanish as well as English.

Support Line: 888-431-2229

Illinois Home Visiting Collaborative: Home visiting provides family support and coaching through planned, regular visits with a trained professional. Home visiting is a voluntary program, and home visitors work with parents on practical parenting skills as well as family bonding before birth and as children grow up.

Home Visiting Program Search: <http://igrowillinois.org/find-a-program/>

Early Intervention: Early Intervention can be a resource for new parents experiencing stress if the baby qualifies for services. Consider referring if the baby displays signs of social-emotional maladjustment, difficulties with attachment or other developmental delays. If a mother is experiencing post-partum depression or anxiety, share this with the intake worker as it may help the baby to qualify for services.

Website: <https://www.dhs.state.il.us/page.aspx?item=30321>
Information: 1-800-447-6404

SAMHSA Behavioral Health Treatment Services Locator: A confidential and anonymous source of information for persons seeking treatment facilities for mental health or substance use problems.

Treatment Services Search: <https://findtreatment.samhsa.gov/>
Referral and Information National Helpline: 1-800-622-HELP (4357)

National Suicide Prevention Lifeline: 24/7, free and confidential support to people in suicidal crisis or emotional distress in Spanish and English.

Hotline: 1-800-273-TALK (8255)

Illinois DocAssist is a service that offers information to healthcare providers regarding the detection, diagnosis and treatment of psychiatric problems in children, adolescents and perinatal women. This service does not consult directly to or about individual patients. This resource list is for general informational purposes only, and should not be construed as direct advice about managing any particular patient's care. This resource list is intended for the provider ONLY and is NOT intended to be shared directly with a patient or their parent/guardian. Illinois DocAssist consultants have no direct knowledge of the patient, and therefore has not presented the information in a manner that is appropriate for the individual patient's cognitive or emotional processing or the context of the patient's life.

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Resources for Provider Use

Illinois DocAssist: Free phone consultation for Illinois Primary Care Providers to help screen, diagnose and treat perinatal mental health conditions. Downloadable screening tools and perinatal antidepressant algorithms are available to doctors on the website. To speak with an Illinois DocAssist psychiatric consultant, call **866-986-2778** or visit the website to schedule a consultation. <https://docassistillinois.org/perinatal-depression/>

Womens Mental Health: Womensmentalhealth.org. Up to date information and research summaries. Includes links to the National Pregnancy Registry for Psychiatric Medications <https://womensmentalhealth.org/>

Treating for Two: Treating for Two aims to improve the health of women and babies by working to identify the safest treatment options for the management of common conditions before and during pregnancy. <https://www.cdc.gov/pregnancy/meds/treatingfortwo/index.html>

Mother to Baby: Provides Evidence-based information to mothers, health care professionals, and the general public about medications and other exposures during pregnancy and while breastfeeding. <https://mothertobaby.org/>

Spectrum Health Postpartum Depression Risk Questionnaire: Self report tool to assess risk for postpartum depression. <https://www.spectrumhealth.org/Documents/Postpartum%20Depression/Postpartum-Risk-Questionnaire.pdf>

Early Intervention: Early Intervention can be a resource for new parents experiencing stress if the baby displays signs of social-emotional maladjustment, difficulties with attachment or other developmental delays. Postpartum depression is considered a qualifying risk factor for EI. If the child qualifies, services may include in home social work support and family therapy. / Referral form: <https://blogs.illinois.edu/files/6039/114611/4515.pdf> / **1-800-447-6404**

North American Society for Psychosocial Obstetrics and Gynecology: A physician member organization dedicated to fostering scholarly scientific and clinical study of the bio psychosocial aspects of obstetric and gynecologic medicine. www.naspog.org

Bright Futures Initiative: Bright Futures is a national health promotion initiative of the AAP. Practice guides help providers promote mental health care in children, adolescents, and their families. <http://brightfutures.aap.org/index.html>

NIH Moms Mental Health Matters: Information, free printable patient handouts and informational posters for the medical office: nichd.nih.gov/MaternalMentalHealth

Noodle Soup: Affordable for purchase printed materials such as "Adjusting to Motherhood", "Adjusting to Fatherhood", "What are Perinatal Mood and Anxiety Disorders" for the pediatric office and primary care setting. <http://www.noodlesoup.com/ppdeducation.aspx>

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