




Quick Reference Guide for Behavioral Health Resources



Immediate Mental Health Support

IL MOMS Hotline (24/7, free, all languages, no insurance needed)	☎ 866-364-MOMS
Postpartum Support International (PSI) Helpline (A toll-free telephone number anyone can call to get basic information, support, and resources; callbacks between 8AM-11PM EST)	☎ English: 800-944-4773 ☎ Text Español: 971-203-7773
Illinois CARES Crisis Hotline (24/7 for mental health crises)	☎ 1-800-345-9049
Illinois MAR NOW Helpline (24/7 fast access to opioid use disorder treatment and follow up care coordination)	☎ 1-833-234-6343

Provider Directories & Referrals

Service Provider Identification and Exploration Resource (SPIDER) Database (Database of Illinois providers, agencies, and services for Medicaid patients)	
Postpartum Support International (PSI) Provider Directory	
SAMHSA Treatment Finder (Confidential substance use & mental health treatment resources)	

Medicaid Behavioral Health Services

Illinois Medicaid Behavioral Health Toolkit	
Community-Based Services <ul style="list-style-type: none">• SPIDER Database (Database of Illinois providers, agencies, and services for Medicaid patients)• Directory of Managed Care Plan to call for information on covered mental health providers	

In-Home Support

Home Visiting Programs

- iGrow coordinated intake contact list (list of early childhood home visiting programs by community)
- DHS office locator (identify medical case management programs in your community)
- ILPQC expanding access to home visiting programs in Illinois handout



Doula Support

- Illinois Medicaid-Certified Doula Program
- Doulamatch.net (discover doulas serving your community)
- ILPQC Expanding Doula Access handout



Substance Use & Recovery Support

Illinois DocAssist (Clinical consultation for prescribers on perinatal mental health & SUD)

☎ 1-866-986-2778 (M-F, 9AM-5PM CST)

Illinois MAR NOW HelpLine (24/7 fast access to opioid use disorder treatment and follow up care coordination)

☎ 1-833-234-6343|






SAMHSA Treatment Finder (Confidential substance use & mental health treatment resources)

☎ 1-800-622-HELP (4357)



Intensive Outpatient and Inpatient Perinatal Programs

Ascension Perinatal Intensive Outpatient Program	 1-855-383-2224 
Edward-Elmhurst Health <ul style="list-style-type: none">• Perinatal Partial Hospitalization Program and Intensive Outpatient Program• Perinatal Inpatient Program	 1-847-432-5464  
UIC Women's Mental Health and Reproductive Psychiatry (provides inpatient and outpatient services)	 1-312-996-2200 

Peer Support

Illinois Department of Healthcare and Family Services Perinatal Depression Support Group Search Tool by County	
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