

Quick Reference Guide for Perinatal Behavioral Health Resources

Immediate Mental Health Support



IL MOMS Line (IL Perinatal Depression Hotline)

For patients 24/7: provides support & help navigating patients to mental health treatment and follow up, free, no insurance needed

Phone: 866-364-MOMS (6667)



IL DocAssist

Free clinical consultation for prescribers on perinatal mental health & SUD treatment and management

Phone: 866-986-2778; M-F, 9am-5pm CST



Postpartum Support International (PSI)

A toll-free telephone number anyone can call to get basic information, support, and resources; callbacks between 8AM-11PM EST

Phone (English): 800-944-4773

Text (Español): 971-203-7773



Illinois MAR Now

24/7 fast access to opioid use disorder treatment and follow up care coordination

Phone: 833-234-6343



Illinois CARES Crises Hotline

24/7 hotline for mental health crises

Phone: 800-345-9049



National Maternal Mental Health Hotline

The Hotline is free, confidential, and available 24/7 in English and Spanish

Phone: 833-TLC-MAMA (833-852-6262)

Provider Directories and Referrals



Service Provider Identification and Exploration Resource (SPIDER) Database

Database of Illinois providers, agencies, and services for patients with Medicaid, including providers and services specializing in mental health treatment, substance use treatment, and domestic violence.



Postpartum Support International (PSI) Provider Directory

Search here for a mental health therapist, healthcare provider, psychiatrist, doula, lactation counselor, sleep coach, and more! All providers have specialized training in perinatal mental health.



SAMHSA Treatment Finder

Confidential substance use & mental health treatment resources



Medicaid Behavioral Health Services



Illinois Medicaid Behavioral Health Toolkit



Community-Based Services

- SPIDER Database (Database of Illinois providers, agencies, and services for patients with Medicaid)
- 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



IL DocAssist

Free clinical consultation for prescribers on perinatal mental health & SUD treatment and management

Phone: 866-986-2778; M-F, 9am-5pm CST



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Confidential substance use & mental health treatment resources



Intensive Outpatient and Inpatient Perinatal Programs



Ascension Perinatal Intensive Outpatient Program

Phone: 224-299-3220



UIC Women's Mental Health and Reproductive Psychiatry

Provides inpatient and outpatient services

Phone: 312-996-2200



Peer Support



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

