

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 with a perinatal psychiatrist 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



Mammha

Connects patients to telehealth mental health services, peer support groups, and care coordination.



Medicaid Behavioral Health Services



Illinois Medicaid Behavioral Health Toolkit



- Behavioral health benefits covered by Illinois Medicaid
- All Medicaid health plans offer 24-hour Behavioral Health Crisis Line with mental health professionals who answer questions, assess mental health, and help navigate to needed mental health services



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 with a perinatal psychiatrist for prescribers on perinatal mental health & SUD treatment and management

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



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Phone: 833-234-6343



SAMHSA Treatment Finder

Confidential substance use & mental health treatment resources



Intensive Outpatient and Inpatient Perinatal Programs



Ascension Perinatal Intensive Outpatient Program

Provides in person and virtual services

Phone: 224-299-3220



UIC Women's Mental Health and Reproductive Psychiatry

Provides inpatient and outpatient services. Accepts most major insurances, including Medicaid

Phone: 312-996-2242



Contact IL DocAssist (866-986-2778) for additional intensive outpatient and inpatient programs

Peer Support



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



PSI Peer Support Groups

