



What every OB provider needs to know to save a mother's life

Perinatal mental health (PMH) conditions are a leading cause of maternal death in Illinois.

1 in 5 women experience a mental health condition during pregnancy or postpartum, yet most are never identified or treated. Every OB provider needs to know how to screen and assess for PMH conditions, counsel on treatment options, start treatment, and provide warm handoffs to therapy and close OB follow up.

Early recognition and treatment saves lives: Key steps to improve maternal outcomes



Screen routinely for depression and anxiety



Schedule close OB follow up to track response



Assess safety, severity and treatment options (therapy, medication, or both)



Provide trauma-informed, compassionate care to reduce stigma



Start treatment, and provide warm handoff to therapy and support services

Essential resources

IL DocAssist
Free perinatal psychiatry consultation to help providers with PMH treatment
Monday through Friday, 9 a.m.-5 p.m.
866-986-2778

IL MOMS Line
Free 24/7 hotline for patients; assessment, support and mental health referral assistance
866-364-6667

MAR NOW
24/7 hotline to access medications for opioid use disorder and care coordination
833-234-6343



Quick Reference Guide

Resources for warm handoffs to therapy/ behavioral health care and other supports



ILPQC Toolkit & Resources

Perinatal Mental Health (PMH) initiative treatment algorithms and behavioral health care referral resources

Contact us: info@ilpqc.org

