

ON-LINE REFERRALS FOR WARM HANDOFFS TO BEHAVIORAL HEALTHCARE FOR PREGNANT AND POSTPARTUM PATIENTS

01.

Mammha

Services: Individual therapy; group therapy; medication management; mobile app; case manager to help navigate pregnant/postpartum patients to behavioral healthcare

Insurance: All major insurances

Location: Virtual across IL

Refer a patient here:



02.

Hopeful Beginnings

Services: Therapy for anxiety, depression, adjustment, grief and loss; case management; Spanish and English

Insurance: Medicaid and all major insurances

Location: Virtual across IL; in-person in Palatine, Hanover Park, Elgin

Refer a patient here:



03.

Partum Health

Services: Mental health, lactation, nutrition, doula care, physical therapy

Insurance: Clinical services - Medicaid and all major insurances; Doula care - Medicaid and all major insurances

Location: Virtual across IL; in-person in Chicago

Refer a patient here:



04.

Matrescence Therapy

Services: Continuous therapy for PMH conditions, fertility, miscarriage, stillbirth

Insurance: All major insurances; free support for people with Medicaid

Location: Virtual across IL

Refer a patient here:



Note: Can review these sites on your cell phone from the QR code, but use your work computer to pull up the HIPAA compliant site from the title and enter the referral



**This document will be continuously updated
Last update 06.30.26*

05.

Nurture Therapy

Services: Continuous therapy throughout the reproductive journey; medication management

Insurance: All major insurances

Location: In-person in Chicago; Virtual across IL

Refer a patient
here:



06.

Seven Starling

Services: Individual therapy, group support, and medication management at every motherhood stage

Insurance: All major insurances; Medicaid

Location: Virtual across IL

Refer a patient
here:



06.

FamilyWell Health

Services: Collaborative Care Model; partners with clinic for comprehensive PMH care

Insurance: Most major insurances; Medicaid

Location: Virtual across IL

Learn more
here:

