



HRSA UIC PERINATAL DEPRESSION PROJECT

912 South Wood Street, 3rd floor, Chicago, IL 60612

1-800-573-6121

PERIPARTUM DEPRESSION RESOURCES – ILLINOIS 2006

Consultation

Most women with peripartum depression see primary care health providers. It is difficult for many women to access mental health providers. Frequent barriers include lack of sufficient mental health resources in some areas, lack of funds, and stigma of attending a mental health clinic.

Illinois has launched a statewide effort to improve care for women with peripartum depression. As part of this initiative, primary care providers can receive consultation, free of charge, from experts in women's mental health regarding care of patients with peripartum depression. In many cases, with consultation, providers can treat patients' depression in the primary care setting.

Providers can call the UIC Perinatal Depression Consult Line at:

800-573-6121

More information about the UIC Perinatal Consultation Service is available at:

www.psych.uic.edu/clinical/HRSA

Referral

Sometimes providers should refer women to mental health professionals. Examples of such situations are:

- The patient has serious thoughts of suicide
- The patient has symptoms of mania or hypomania
- The patient has not improved with 4 – 6 weeks of treatment with a therapeutic dose of antidepressant medication

Sources to find mental health services include:

- Evanston Hospital Hotline: **866-ENH-MOMS**
- DHS Referral Line: **800-323-4769**
- Office of Women's Health: **888-522-1282** ; TTY: **800-547-0466**
- Postpartum Depression Illinois Alliance: **847-205-4455**
- NAMI (National Alliance for the Mentally Ill): **800-346-4572**

Treatment for patients without health care coverage

Patients in the Chicago area can receive services at the Postpartum Depression Project set up as part of the state initiative:

Healthcare Alternative Systems (HAS)
2755 W. Armitage, Chicago 60647
773-252-3100

The HAS Postpartum Depression Project provides no cost:

- Medications and services
- Psychiatry
- Individual, couples and family therapy
- Bus passes

Medicaid reimbursement for peripartum screening

Healthcare and Family Services of Illinois now reimburses Medicaid providers for screening for peripartum depression. For billing questions, contact:

HFS Illinois Comprehensive Services: **877-782-5565** or
www.hfs.illinois.gov

Sites specializing in treatment for perinatal depression

The Women's Clinic at University of Illinois at Chicago: 312-355-2659

Alexian Brothers Pregnancy and Postpartum Depression and Anxiety Program: 847-981-3594; Spanish-speaking Program: 847-956-5142