



## Mental Health Resource List

Compiled by Katie Prezas, IBCLC PMH-C

This list is NOT exhaustive. Please research your own resources that fit your clientele and community.

### HOTLINES & WARMLINES

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**National Maternal Mental Health Hotline** 833-852-6262

*Available 24/7, phone or text, English & Spanish*

**Northshore MOMS Line** 866-364-6667

*Available 24/7 for **Illinois Residents**, phone support answered by clinicians*

**Postpartum Support International HelpLine** 800-944-4773

*Leave a message and receive a call back within 24 hours. For text support: 800-944-4773 in English; 971-203-7773 in Spanish.*

**National Suicide & Crisis Lifeline** 988

**Other Emergencies** 911

### SUPPORT GROUPS

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#### Postpartum Support International Online Support Groups

<https://www.postpartum.net/get-help/psi-online-support-meetings/>

General group:

“Perinatal Mood Support for Parents” or “Perinatal Mood Support for Moms”

Specialized groups available for:

Adoptive/Foster Parents, Bipolar Support, Black Moms, Birth Trauma, Dads, NICU Parents, Special Needs/Medically Fragile, Military Parents, OCD, Latinx Moms, South Asian Moms, Psychosis Survivors, Queer & Trans Parents, Single Parents, Parents of 1-4 Year Olds, High Needs Babies, Pregnancy Loss, Fertility Challenges, Infant Loss, Termination for Medical Reasons, Pregnancy after TFMR, Stillbirth, Post-Abortion, Families Touched by Psychosis, multiple Spanish language groups, and more!

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## **SUPPORT GROUPS** (continued)

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### **Beyond the Baby Blues** (Illinois Residents, virtual groups)

<https://www.beyondthebabyblues.org/>

Support groups for women struggling with mental health or loss.

### **Chicago New Moms Group** (in-person group)

<https://www.chicagonewmomsgroup.com/>

For a fee, new parents meet in a group led by an LCSW weekly for 6 weeks. Options also available for second-time parents.

### **Supported Serenity Pregnancy, Postpartum & Beyond Community Group**

<https://www.supportedserenity.com/support-group>

Run by a certified DONA birth and postpartum doula, weekly virtual group offers peer support and access to perinatal experts.

## **Mental Health Practices**

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Regardless of your location, you can use the **PSI Directory** to identify mental health practitioners in your area with specialized perinatal mental health training.

Search the Directory based on Zip Code here: <https://psidirectory.com/>

## **Illinois Mental Health Practices**

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*(all of these practices have one or multiple providers with perinatal specialization)*

### **Bricolage Wellness**

<https://bricolagewellness.com/>

Locations in Lakeview/Lincoln Park, Yorkville, Lombard, Inverness, and Denver, CO.

### **Integrare Wellness**

<https://www.integrarewellness.com/>

Sauganash neighborhood of Chicago.

### **Nurture Therapy**

<https://www.nurture-therapy.com/>

Locations in Lakeview and Nashville/Franklin, TN.

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## **Illinois Mental Health Practices** (continued)

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*(all of these practices have one or multiple providers with perinatal specialization)*

### **Wildflower Center for Emotional Health**

<https://wildflowerllc.com/>

Locations in River North and Oak Park.

### **Flourish Counseling & Wellness**

<https://womenscounselingchicago.com/>

Locations in Old Town and Oak Park.

### **Amanda Atkins Counseling Group**

<http://www.amandaatkinschicago.com/>

Location in Lincoln Square.

### **Partum Health**

<https://www.partumhealth.com/services/mental-health>

Provides virtual mental health support.

### **Meridian Psychiatric Partners**

<https://meridianpsychiatricpartners.com/services/womens-mental-health/>

Locations in Chicago, Evanston, Lake Forest, Downers Grove, and Oak Park. Includes prescribers for medication needs.

### **Clarity Clinic**

<https://www.claritychi.com/>

Locations in the Loop, Lakeview, River North, Mokena, Evanston, and Arlington Heights.