



Postpartum Depression Resources

Emergency Resources (thoughts of harming yourself/baby/anyone else, visual/auditory hallucinations)

- 911
- Alexian Brothers Behavioral Health Hospital, (800) 432-5005

Hotlines

- NorthShore 24 hr MOMS hotline – free, confidential 24/7 hotline staffed by licensed counselors
1-866-364-MOMS
- Society for the Preservation of Human Dignity (PHD) - Inverness, IL
www.sphd.org
sliding-scale fee schedule available based on income, service in English and Spanish
1-847-359-4967 x31
- The Fussy Baby Network
Offers advice regarding baby's crying, sleeping, or feeding
English and Spanish, 9-5 M-F
1-888-431-BABY

Therapy and Support

- *****Alexian Brothers Pregnancy & Postpartum Mood and Anxiety Disorders Program*****
Offers various support groups, including a group for fathers, and evaluations/consultations
Lita Simanis, LCSW
(847) 755-3220
www.alexianbrothershealth.org/services/womens-center/services/postpartum-depression/information
- Postpartum Wellness Center
2500 W. Higgins Road, Ste 570
Hoffman Estates, IL 60169
www.postpartumwellnesscenter.com
(224) 698-9792
- New Transitions Counseling Center
415 South Creekside Drive, Ste 107
Palatine, IL 60074
www.new-transitions.com
(847) 873-1463
- Find many more support groups and resources (in English and Spanish) at
www.postpartum.net/locations/illinois/ or www.ppdil.org

Perinatal Psychiatry

- Alexian Brothers Behavioral Health Hospital - Outpatient Group Psychiatry Practice
1786 Moon Lake Blvd Ste 104 Hoffman Estates, IL 60169
Dr. Xiaohong Yu, M.D., Dr. Delia Aldridge, M.D.
847-755-8090