

Healthy Babies Need Healthy Moms

Resources for New Moms Past the Baby Blues



Taking care of yourself is part of taking care of your child



AT THE FOREFRONT

**UChicago
Medicine**

Postpartum Depression

Postpartum depression is moderate to very bad depression that a person can develop after giving birth. It is often described as feeling sad, blue, unhappy, miserable, or down in the dumps.

It may begin soon after giving birth or up to a year later. Most of the time it starts within the first 3 months after giving birth.



Symptoms of Postpartum Depression

The symptoms of postpartum depression are the same as the symptoms of depression that can develop at other times in life. **Symptoms include:**

- Sad or depressed mood
- Being worried or irritable (bad temper)
- Changes in appetite
- Feeling worthless
- Feeling guilt
- Feeling withdrawn or not connected with others
- Lack of pleasure or interest in most or all activities
- Loss of concentration
- Loss of energy
- Problems doing tasks at home or work
- Very nervous and worried
- Thoughts of death or suicide
- Trouble sleeping

A person with postpartum depression may also:

- Be unable to care for themselves or their baby
- Be afraid to be alone with her baby
- Worry very much about the baby
- Have little interest in the baby
- Have negative feelings toward the baby or even think about harming the baby

Postpartum Depression and Baby Blues

Baby Blues can often develop in the week or two after giving birth. Symptoms of Baby Blues can include feelings of nervousness, annoyance, tearfulness, and restlessness. Baby Blues often goes away within a couple of weeks without treatment.

Symptoms of postpartum depression are greater and last longer. Postpartum depression can begin anytime within the first year after childbirth. If you are not sure if you have Baby Blues or Postpartum Depression, call your doctor, they will be happy to talk to you.

Causes of Postpartum Depression

The stress of having a new baby, along with your hormonal changes after childbirth may cause symptoms of Postpartum Depression. When you are pregnant levels of female **hormones called estrogen and progesterone** increase greatly. In the first 24 hours after childbirth, those hormone levels quickly return to normal.

These big changes in hormone levels may lead to depression. This is like when hormone changes can affect a person's mood before they get their period (also known as PMS).

Postpartum Depression

The Risk for Postpartum Depression

Postpartum Depression affects about 13 percent of people giving birth. Risk factors include the following:

- People with a history of depression, postpartum depression or other mental health issues
- People under the age of 20
- People who abuse alcohol or use illegal drugs
- People who had an unplanned pregnancy or have mixed feelings about the pregnancy
- People who have recently had a stressful event, such as illness, death of a loved one, a difficult delivery, premature delivery, or illness or birth defect in the baby
- People with a family history of depression or anxiety
- People with a poor relationship with their spouse, significant other or who are single
- People with money or housing problems
- People who have little support from family, friends, or your spouse or partner

How to Get Help

You can get help by talking to your doctor, nurse or social worker who can refer you to resources. There are also psychiatrists and therapists that work with people who have Postpartum Depression.

If you have thoughts of harming yourself or your baby it is important that you call 911 or call to the nearest Emergency room right away.

Treatments for Postpartum Depression

Talk Therapy is often used in the treatment of Postpartum Depression. Talk Therapy is talking to a therapist, psychologist, or social worker.

Medication is also used in the treatment of Postpartum Depression. Your doctor can prescribe an anti-depressant medicine. This can help lessen symptoms of depression.

Very often the treatment of Postpartum Depression includes both Talk Therapy and Medication. If you are depressed, your depression can affect your baby. Getting treatment is important for you and your baby.



Postpartum Depression

Resources for Treatments

For access to treatment for Postpartum Depression contact any of the phone numbers for the resources listed below.

When calling, have your insurance card with you, so you can provide your insurance information.

You can also call the Member Services number on the back of your insurance card: They will have the most updated list of places they contract with and can help to find a behavioral health provider that is in-network with your plan.



Support at UChicago Medicine

Ingalls Health System – Synergy Behavioral Health

Individual therapy, intensive outpatient program (weekly therapy, group therapy, and psychiatry). Urgent assessments available.

Phone: (708) 915-6411

Locations:

- Harvey (1 Ingalls Drive),
- Tinley Park (6701 West 159th St)
- Flossmoor (19550 Governors Highway)

Insurances Accepted: Medicaid, Medicare, most private insurances.



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Medicine**

Ingalls Memorial

University of Chicago Outpatient Psychiatry Program.

Call the intake coordinator at (773) 702-3858 to find out if you can be seen at University of Chicago.

If you are having thoughts of hurting yourself, others or your baby, go to the nearest Emergency Room or call 911 right away.

Resources

Other Resources and Support Information

The Blossom Method (312) 854-0061

www.Blossommethod.com

Works with women and their partners in perinatal and postpartum services. They have individual counseling focused on issues related to pregnancy and postpartum. They also host workshops and group supports.

the blossom method 

Cathedral Counseling Center (312) 252-9500, extension 130

Individual therapy, tele-psychiatry at Loop location. Spanish-speaking therapists.

Locations: Kenwood (4945 South Dorchester, 1st Floor), Loop (50 East Washington Street Suite 301)

Insurances Accepted: Medicare, BCBS, Aetna, and United. Sliding scale offered to people with other insurances.



Cityscape Counseling (773) 340-2616

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

Individual, couples and family therapy for adults and adolescents.

Locations: Downtown (155 North Michigan Ave, Suite 380), Evanston (1609 Sherman Ave, Suite 207)

Insurances Accepted: BCBS PPO, Blue Choice, Cigna, United, Aetna, Optum BH

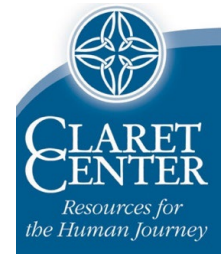


Claret Center (773) 643-6259. <https://www.claretcenter.org/contact-us/>

Psychotherapy (individual, couple, and family), body-centered therapy (massage therapy, acupuncture), spiritual counseling.

Location: Hyde Park (5536 S. Everett Ave)

Insurances Accepted: BCBS PPO, U-SHIP



Compass Health Center (224) 306-1879

<https://compasshealthcenter.net/>

Intensive outpatient and partial hospitalization program for adults, young adults, adolescents, and children. Urgent assessments.

Locations: North Center Chicago (2500 W Bradley Place), Northbrook (60 Revere Drive)

Insurances Accepted: UCHP, BCBS PPO, BlueChoice, HMOI, Humana, Cigna, ComPsych, Aetna PPO. Private insurances only.



Resources

Other Resources and Support Information

Friend Health (773) 702-0660, Press 1. Individual therapy (8 sessions only), telepsychiatry, substance misuse. Spanish-speaking therapists and urgent appointments. **All insurances but not commercial HMO plans.** If out of network, payment is based on sliding scale.



Locations:

- Hyde Park (800 E. 55th Street. Walk-ins: 9am to 4pm Wednesday and Friday)
- Woodlawn (1522 East 63rd Street. Walk-ins: 9am to 4pm Monday, Wednesday, Thursday and Friday)
- West Elston (5635 South Pulaski. Walk-ins: 9am to 4pm Monday, Tuesday, Thursday, and Friday)
- Back of the Yards (4802 South Ashland Ave)
- Western (5843 South Western)

Head and Heart Therapy (773) 892-1933

<https://headhearttherapy.com/>

3759 North Ravenswood Suite 133 Chicago, IL 60613

Jamie Kreiter 3808 North Ashland Ave Chicago, IL 60613 Phone: (847) 363-0628



Healthcare Alternative Systems (HAS) (773) 254-5141

Perinatal Depression Program They only work with pregnant and postpartum moms to provide counseling.

Their program is free of charge. If you have problems finding a therapist in network this may be a good option. They provide sliding scale fee services or free services depending on your income.



In Home Counseling (847) 903-5604

<https://www.inhomecounselingforseniors.com/contact-us/>

Individual therapy services for adults, adolescents and children in their residence. Services for adults with pervasive developmental disorder.

Locations: Cook County, DuPage County, Kane County, Lake County, McHenry County, Joliet Areas, Rockford Areas.

Insurances Accepted: Most insurances but not Illinicare or CountyCare.



Metropolitan Family Services: Provides outpatient counseling and mental health services. Call (312) 986-4000 to make an appointment.

Resources

Other Resources and Support Information

New Dawn Wellness Group (773) 581-7950.

Locations in Oak Lawn and Orland. They provide care and support for women and their families coping with and improving reproductive and perinatal health.



Northshore Perinatal Mom's line: (Free Call in Support Group)

1-866-364-6667 A free private 24 hours a day and 7 days a week hotline offered by Northshore. The hotline is staffed by licensed counselors that you can talk with for phone support and ask questions or ask about resources.



A great resource when you are feeling overwhelmed and your regular support system is not available. Most referral information is for Illinois, especially Cook and Lake Counties, but they will also to help every caller regardless of location.

Nurture Therapy (773) 274-0700

<http://nurture-therapy.com/contact-2>

Email: hello@nurture-therapy.com Individual therapy for women with reproductive mental health problems

Locations: Hyde Park (1525 East 53rd Street, Suite 901),
Lakeview (3759 North Ravenswood, Suite 133)

Insurances Accepted: UCHP, USHIP, BCBS PPO, BCBS Choice



PD MOMS: 800-PPD-MOMS (800-773-6667) www.1800PPDMOMS.org

Postpartum Depression Illinois Alliance (847) 205-4455 www.ppdil.org

Post-partum Support International (Free Call in Support Group) 1-800-944-4773

www.postpartum.net Weekly Chat with an expert call in support group about any emotional concerns. <http://postpartum.net/get-help/chat-with-theexperts.aspx> You can stay anonymous and you can call from the comfort of your own home. It is a safe and compassionate place to talk about any difficulties you are having or to hear other mothers share their difficulties. The call times and details of how to join a call are on the website.

Roamers Therapy (312) 667-3884

<https://www.roamerstherapy.com/> Individual and couples therapy for 20 to 40-year-old Black, Latinx, and Asian clients. Spanish-speaking therapists available.

Location: South Loop (1136 S Delano Ct W, Suite B201)

Insurances Accepted: BCBS PPO, Blue Choice, Aetna, and Cigna. Private insurances only



Resources

Other Resources and Support Information

Trinity Services (815) 485-6197 <https://www.trinityservices.org/>

Individual and family therapy, intensive outpatient therapy. Residential services, employment services, and respite (temporary caregiver) services. Services for all conditions, including intellectual/developmental disabilities.



Locations: Southwest Suburbs (301 Veterans Pkwy, New Lenox), Northwest and Western Suburbs, Central IL, Southern IL.

Insurances Accepted: Sliding scale, Medicare, Medicaid, most private insurances

University of Illinois at Chicago: Women's Mental Health Clinic

Provides counseling and medication management for women.



Accepts Medicaid and Medical Card. Call (312) 355-1223 to leave a message and a representative will call you back to make an appointment.

Urban Balance (888) 726-7170 <https://urbanbalance.com/>

Chicago and Multiple Locations
180 North Michigan Ave. Suite 410 Chicago, IL 60601



Wellsprings (312) 573-0900 <http://wellspringshealth.com/contact-us/>

Therapist and psychiatrists in perinatal and postpartum services, individual and couples counseling and psychiatry services.



They also have a new moms support group and a transitions to motherhood series group. Call to talk about their services and if your insurance is in network.

Wild Flower: (312) 809-0298 <http://www.wildflowerllc.com/areasofspecialty/>

Works with women during pregnancy and postpartum period. Provides individual and couples counseling, group classes, workshops and support groups.

For more information go online or call about their services and how they can be helpful.

