



## 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](http://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](http://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](http://www.postpartumwellnesscenter.com)  
(224) 698-9792
- New Transitions Counseling Center  
415 South Creekside Drive, Ste 107  
Palatine, IL 60074  
[www.new-transitions.com](http://www.new-transitions.com)  
(847) 873-1463
- Find many more support groups and resources (in English and Spanish) at  
[www.postpartum.net/locations/illinois/](http://www.postpartum.net/locations/illinois/) or [www.ppdil.org](http://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