

Postpartum Depression and Perinatal Mood Disorder Support

PPD/Perinatal Mood Disorder Counseling- Springfield/Decatur area

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Parent Help Line is not responsible for counselors or their practices at their respective organizations or agencies. No particular endorsement or recommendation is to be implied. PHL is only providing a list of resources available at this printing.

PPD/Perinatal Mood Disorder websites:

- <http://www.ppdil.org>
- <http://www.beyondthebabyblues.org/>
- <http://www.postpartum.net/>
- <http://www.postpartumdads.org/>
- <http://www.parenthelpline.org/phl/home.aspx>
- <http://www.postpartumprogress.com>
- <http://www.erikson.edu/fussybaby/>

Contact your physician group website and local hospital websites for more information.

PPD/Perinatal Mood Disorder Books

- *Understanding Your Moods When You're Expecting: Emotions, Mental Health & Happiness - Before, During and After Pregnancy* by Lucy Puryear
- *What Am I Thinking: Having a Baby After Postpartum Depression* by Karen Kleiman, MSW LCSW
- *Life Will Never Be the Same: The Real Mom's Postpartum Survival Guide* by Ann L. Dunnewold PhD & Diane G. Sanford PhD
- *Down Came the Rain* by Brooke Shields
- *Overcoming Postpartum Depression and Anxiety* by Linda Sebastian
- *Tokens of Affection: Reclaiming Your Marriage After Postpartum Depression* by Karen Kleiman MSW LCSW
- *Medications and Mother's Milk: A Manual of Lactational Pharmacology* by Thomas Hale

Any woman or her family member who is concerned that she might harm herself or her baby should immediately call 911 or go to the nearest emergency room or call her doctor.

PPD/Perinatal Mood Disorder Phone Support

Postpartum Depression Alliance of Illinois

847-205-4455

A warm line for help and encouragement from volunteers who provide resources and support for PPD. Email support available at support@ppdil.org.

Evanston Northwestern Healthcare Perinatal Depression Program 866-364-6667

A statewide 24-hour crisis Hotline for women experiencing Perinatal Depression, providing crisis counseling and referrals to mental health resources.

Postpartum Support International (PSI) WarmLine

800-944-4773

Call for support, information and resources about PPD. Warm line messages are returned every day of the week.

PPD/Perinatal Mood Disorder Group Meetings

Dealing with Feelings: Pregnancy and Postpartum Mood Disorder Support Group for Women

HSHS St. John's Hospital 217-535-3696 or 544-5805

This support group (not therapy group) is for moms dealing with feelings - perinatal mood disorders, baby blues and postpartum depression. Facilitated by a LSW or counselor, it meets every other Wednesday at 1:30 p.m. on the 4th floor of the HSHS St. John's Children's Hospital. For info go to: <http://www.parenthelpline.org/phl/home.aspx>

Postpartum Support International (PSI) <http://www.postpartum.net/psi-online-support-meetings/>

Weekly online support meetings – dial 2 for English. Meetings are also offered in Spanish – dial 1.

Chat with an expert 800-944-8766

Participant Code: 73162 Limited to first 15 callers.

Wednesday Chats for Mom - First Monday Chats for Dad
<http://www.postpartum.net/chat-with-an-expert/>

Temporary Childcare for Moms in Crisis

Mini O'Beirne Crisis Nursery – 217-525-6800

1011 N. 7th St. Springfield, IL 62702

Free emergency care for kids birth to 6 years.

Warmline for Parenting Support

Parent Help Line at HSHS St. John's Children's Hospital

217-544-5805 or toll free 888-727-5889

10 a.m. to 10 p.m. 365 days a year.

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