

Perinatal Mental Health Phone Resource List

Phone Line	Hours	Days Closed	Staff	Services Provided	Phone Counseling Provided	Mail Info	Offers help to Consumer or Provider	Foreign Languages	Sponsoring Organization
Elliot Hospital Postpartum Emotional Support Program 663-8927	Monday – Friday 8am – 5pm Voicemail will be answered within 24 hours	Sat and Sun	Registered Nurse or Nurse Practitioner will return your call	PPD support, referral to mental health professionals, info about PPD support group, consultation w/clinicians regarding screening for PPD Email program coordinator: Alison Palmer, RN, MS, WHNP palmer1@elliott-hs.org	Listening and discussing client's problems;	Yes	Both	Tele-interpreter line	Elliot Hospital www.elliotthospital.org
Illinois Perinatal Mental Health Consultation Line 1-800-573-6121	Calls left on the message line are returned w/n one business day. <i>This is NOT a hotline.</i>	Sat and Sun	UIC faculty, staff clinicians (psychiatrist, advanced practice nurse, social worker).	This service consults to health care providers who have questions about the detection, diagnosis and treatment of perinatal depression and anxiety disorders. While providers seeking consultation may call this line for information in making treatment decisions about a particular patient or patients, this service does not consult directly to or about individual patients, and should not be construed as direct advice about managing any particular patient's care http://www.psych.uic.edu/research/perinatal_mentalhealth/consultation.htm	Healthcare provider consult only.	No	Healthcare providers	No	University of Illinois Perinatal Mental Health Project <i>(see link under "services provided")</i>
Mental Health Center of Greater Manchester 668-4111	Emergency Services available 24 hours	Sat and Sun for regular appts	Counselor or therapist	Mental health appointment scheduling; emergency services	Crisis line will advise	No	Both	Yes, they will arrange	Mental Health Center of Greater Manchester www.mhcgm.org
NAMI NH (National Alliance on Mental Illness) 225-5359 x 40 1-800-242-6264 x 40	Mon – Fri 9 am – 5 pm	Sat and Sun	Trained information and referral specialist	A trained information and referral specialist will return your call within two business days, providing you with information, referrals and support. This service is open to all who have questions about or are affected by serious mental illness.	No	Yes	Both	Yes	National Alliance on Mental Illness www.naminh.org
National Hispanic Prenatal Helpline 1-800-504-7081	6 am - 9 pm (EST)	Sat, Sun, and Federal Holidays	Bilingual health information specialists	Referrals to free or low income clinics (some of which don't require insurance), mental health providers, substance abuse specialists, and primary care providers	No	Yes	Both	Yes, Spanish	Nat'l Alliance for Hispanic Health www.hispanichealth.org

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NH Child and Family Services 518-4000 1-800-640-6486	8 am - 4 pm	Sat and Sun	Licensed Therapists, Social workers	Therapeutic counseling and family education Multiple services provided to pregnant, Medicaid eligible women. Jo-Ann Cobb, LICSW is contact Parenting Plus, Healthy Families, Family Support Programs Area Served: Counties of Merrimack, Hillsborough, Belknap, Grafton, Coos, Rockingham	No	Yes	Both	Yes	NH Child and Family Services www.cfsnh.org
Postpartum Support International 1-800-944-4PPD	8 am – 3 pm (PT) messages checked every half hour	None	Doctors, clinicians, & volunteers (some that have experienced PPD) trained in phone support	Referrals to doctors, therapists, and local support groups as well as referral to the PSI online support group at www.postpartum.net PSI is located in 49 states (including NH) and 25 countries	Counseling over the phone only if a doctor receives the call	Yes	Both	Yes	N/A
Postpartum Stress Center 610-525-7527	24 hours by voicemail (beeper number given for emergencies)	Sunday	Voicemail Clinicians (Master's level or PhD) return phone calls directly	Referrals to support groups, individualized counseling, couples counseling, and web site at www.postpartumstress.com Referrals to mental health providers when appropriate	Under specific circumstances	No. Info on the web site	Both	No	N/A
PPD Hope Information Center 1-877-PPD-HOPE (1-877-773-4679)	24/7	None	Trained volunteers who have experienced PPD.	Live answering system. An email is sent to a trained volunteer who has experienced PPD who returns the call.	No	No	No	No	Family Mental Health Institute www.ppdhope.com
PPD MOMS 1-800-PPD-MOMS	24 /7	None	Crisis workers trained in perinatal depression	The hotline links callers to crisis centers that deal with PPD issues. After initial crisis assessment, specialists provide health information and referrals to peer counselors in their area.	Yes	No	Both	Yes, medical interpreters available for 81 languages	Kristen Brooks Hope Center www.1800ppdmoms.org