



Resources for Maternal and Behavioral Health

Presented by:

Illinois Primary Health Care Association

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National Resources

CDC. Depression During and After Pregnancy. [Access here](#)

CDC. Depression Among Women. [Access here](#)

NIH. Moms' Mental Health Matters. [Access here](#)

March of Dimes. Depression during Pregnancy. [Access here](#)

Agency for Healthcare Research and Quality. Pregnant and Postpartum Women and Behavioral Health Integration. [Access here](#)

CDC. (2023). Pregnancy Complications. [Access here](#)

HRSA. Depression During and After Pregnancy. [Access here](#)

UMass Medical School: Resources for Integrating Perinatal Mental Health Care Into Obstetric Settings. [Access here](#)

National Maternal Mental Health Hotline. [Access here](#)

SAMHSA's Clinical Guidance for Treating Pregnant and Parenting Women with Opioid Use Disorder and Their Infants. [Access here](#)

National Center on Substance Abuse and Child Welfare Resources for Professionals Working with Pregnant and Parenting People Affected by Substance Use Disorders and Involved with Child Welfare. [Access here](#)

ACOG Perinatal Mental Health Toolkit. [Access here](#)

Screening Resources and Education

- [CDC HEAR HER™ Campaign](#)
- [Screening, Brief Intervention, and Referral to Treatment \(SBIRT\) for Pregnant and Postpartum Women](#)
- [Illinois Perinatal Quality Collaborative \(IL PQC\)](#)
- [ACOG Clinical Guidelines for Screening and Diagnosis of Mental Health Conditions During Pregnancy and Postpartum](#)



- [ACOG Screening Tools for Perinatal and Postpartum Patients](#)
- [AIM Patient Safety Bundle: Perinatal Mental Health Conditions](#)
- [AIM Patient Safety Bundle: Care for Pregnant and Postpartum People with Substance Use Disorder](#)
- [HRSA Screening and Treatment for Maternal Mental Health and Substance Use Disorders \(MMHSUD\)](#)
- [The 5Ps Prenatal Substance Abuse Screen for Alcohol and Drugs](#)
- [Cleveland Clinic: Postpartum Psychosis What is it? Symptoms and Treatment](#)
- [American Psychiatric Association: Perinatal Mental Health Toolkit](#)

Fact Sheets and Info Graphics

[HRSA MCHB 21st Century Cures Act Program](#)

[What every OB Provider Needs to know about Overdose and Maternal Health- 2019](#)

Resources for Prescribing Practitioners

- [Persons Who Want to Get Pregnant](#)
- [Pregnant and Postpartum Persons](#)

Resources for Non-prescribing Practitioners

- [Persons Who Want to Get Pregnant](#)
- [Pregnant and Postpartum Persons](#)

Research and News Articles

Integrated perinatal mental health care: a national model of perinatal primary care in vulnerable populations- 2019. [Access here](#)

The Tragedy of Being a New Mom in America. [Access here](#)

FDA Approves First Oral Treatment for Postpartum Depression. [Access here](#)

Maternal Safety and Perinatal Mental Health. [Access here](#)



Patient Resources

Preparing For Your Baby: Information for Pregnant People with Substance Use Disorders. [Access here](#)

The Postpartum Depression Alliance of Illinois. [Access here](#)

Virtual Support Groups and Resources through Postpartum Support International. [Access here](#)

Office on Women's Health Talking Postpartum Depression. [Access here](#)

Prescription Pain Medicine, Opioids, and Pregnancy: What All Pregnant Women Need to Know. [Access here](#)

Illinois Health and Family Services: Moms and Babies Programs for Pregnant Women. [Access here](#)

Illinois-Specific Resources

- [I PROMOTE-IL | Linktree](#) (State Maternal Health Innovation Program at the University of Illinois Chicago)
- [Where You Live Matters: Maternity Care in Illinois](#)
- [Illinois Perinatal Quality Collaborative \(IL PQC\)](#)
- [The Postpartum Depression Alliance of Illinois](#)
- [IDPH Info Graphic on Postpartum Depression in Illinois](#)
- [Illinois DocAssist Perinatal Mental Health Resources](#)
- [IL Helpline](#)
- [IL Perinatal Toolkit](#)
- [MOMs Hotline Flyer -English](#)
- [MOMS Hotline Flyer- Spanish](#)
- [IDHS/SUPR: Pregnant and Parenting Women with Opioid Use Disorder \(PPW-OUD\)](#)
- [Illinois Health and Family Services: Moms and Babies Programs for Pregnant Women](#)



IDHS Maternal Morbidity and Mortality Reports

[2023 Maternal Morbidity and Mortality Report](#)

[Summary of 2023 Maternal Morbidity and Mortality Report](#)

[2021 Maternal Morbidity and Mortality Report](#)

[Summary of 2021 Maternal Morbidity and Mortality Report](#)

On-Demand Webinars

Illinois Maternal Health Taskforce: Toxicology Testing in the Peripartum Setting: The Unique Social and Legal Consequences for Birthing People and Their Infants. [Access here](#)

[Operationalizing Integration: System-level Opportunities to Improve Maternal Mental Health Tip Sheet](#)

[Perinatal Substance Use Disorder: Practice, Policy, and Equity Considerations for Providing Care in the Fourth Trimester and Beyond](#)

[Reducing Health Disparities by Addressing Integrated Behavioral Health in a Maternal Child Health Care Setting: Screening, Diagnosis, and Treatment of Perinatal Mental Health Conditions](#)

[Exploring Perinatal Prescription Opioid Use and Misuse in Primarily Rural Settings](#)

[Treating Pregnant People for Opioid Use Disorder: Clinical Challenges](#)

[Clinical Guidance for Treating Pregnant and Parenting Women With Opioid Use Disorder and Their Infants](#)

[Addressing Perinatal Mental Health Conditions In Obstetric Settings](#)

[Perinatal Mental Health: Culturally Informed Approaches to Screening, Assessment, and Treatment](#)

[AAMC Learning Series: Improving Maternal Mental Health Outcomes: Varied Approaches to Closing the Gap of Care](#)

IPHCA Webinars

[Providing MAT to Pregnant and Postpartum Mothers](#)

[Screening and Intervention Best Practices for Neonatal Opioid Withdrawal](#)



Websites to Learn More

[American College of Obstetricians and Gynecologists](#)

[American Academy of Family Physicians](#)

[American Academy of Pediatrics](#)

[American Psychiatric Association](#)

[Health Resources and Services Administration \(HRSA\)](#)

[IL Perinatal Quality Collaborative](#)

[Postpartum Depression Alliance of Illinois](#)