

# Perinatal Depression

Illinois Department of Human Services (IDHS)

## OVERVIEW

Through this state-funded program, NorthShore University HealthSystem provides 24-hour telephone consultation for crisis intervention to women referred by the Family Case Management (FCM) who are suffering from perinatal depression. Since most mental health providers have little to no experience treating depression in pregnant or postpartum women, NorthShore University HealthSystem staffs the hotline with Masters or Doctoral-level Mental Health Professionals credentialed to provide crisis intervention for perinatal depression. They collaborate with other perinatal initiatives to ensure appropriateness of materials used to promote health care provider and consumer awareness of perinatal depression. The program also networks with other crisis line and helpline providers to increase knowledge of resources, operating procedures, and optimize ability to serve callers.

## WHO IS SERVED?

### *Population(s)/Age Group:*

Pregnant and post-partum women

### *Eligibility Criteria and Screening Tools:*

Women exhibiting risk factors commonly associated with perinatal depression are eligible. In the absence of these risk factors, a screening instrument may be used, such as the Edinburgh Postnatal Depression Scale (EPDS).

## HOW ARE SERVICES DELIVERED?

### *Local Service System:*

Agencies can refer women 24 hours a day to staff hotline with Masters or Doctoral-level Mental Health Professionals credentialed to provide mental health services for crisis intervention of peripartum depression.

### *Referrals into Program:*

Family Case Management agencies will refer women to NorthShore University HealthSystem after abnormal perinatal depression screening during a prenatal or postpartum visit, or during an infant well-child.

*Data Systems Used: N/A*

## STATE PROGRAM ADMINISTRATOR OR CONTACT

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