



Postpartum Depression Prevention

A Women's Mental Health Initiative by Mental Health America of Greater Houston's Yates Children Memorial Fund

Resources for Mothers with Postpartum Mental Illnesses

For Emergencies:

911 (ask for Crisis Intervention or CIT Officer)

Neuropsychiatric Center (NPC)—24 hour emergency psychiatric facility
1502 Taub Loop
Houston, TX 77030
713-970-7070

For Non-Emergencies (Medical, Psychiatric):

- Refer to OB/GYN, treating physician, or health home (clinic)
- If Medicaid, refer to MHA: **713-522-5161** for a referral to a Medicaid provider
- Ben Taub Community Behavioral Health Program (including 11 HCHD community clinics, five partner clinics, and school-based clinics)
 - HCHD Gold Card Registration Center: **713-643-3691**
 - HCHD clinic appointments: **713-526-4243**
 - www.hchdonline.com
- Federally Qualified Health Centers (FQHCs) or other low cost clinics
Call Gateway to Care Navigator program: **713-633-2255** to get information about the closest FQHC or other low cost clinics
- Legacy Community Health Services: **713-830-3000** (Montrose area), **713 671-3041** (Lyons area), **713-779-6400** (Southwest area) or **713-351-7350** (Baker-Ripley)
- MHMRA: **713-970-7070**

For Counseling/Therapy (Bilingual):

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| • Asian American Family Services | 713-339-3688 |
| • Catholic Charities | 713-526-4611 |
| • Denver Harbor Clinic | 713-674-3326 |
| • El Centro de Corazon | 713-926-1849 |
| • Family Services of Greater Houston | 713-861-4849 |
| • Legacy Community Health Services | 713-830-3000 (Montrose) 713 671-3041 (Lyons) 713-351-7350 (Baker-Ripley) |
| • Mental Health America of Greater Houston (Pro Bono Counseling Program) | 713-522-5161 |

For Support Groups:

- Pregnancy and Postpartum Depression Support Group
The Woman's Hospital of Texas (**English only**) 713-791-7404
- The Online PPD Support Group <http://www.ppdsupportpage.com/>
- Pregnancy and PPD Support Group – Texas Children's Hospital 832-826-5281

Other Resources:

Mental Health America of Greater Houston:

Helpline provides referrals to Houston area mental health providers who specialize in the treatment of perinatal depression and other mental illnesses. Website includes a variety of resources about mental health issues, including women's mental health and postpartum depression.

713-522-5161 (Helpline)

www.mhahouston.org

Illinois Perinatal Mental Health Consultation Line:

Provides consultation to health care providers who have questions about the detection, diagnosis and treatment of perinatal depression and anxiety disorders. Consultants are University of Illinois at Chicago faculty and staff clinicians. 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. Please also note that this is not a "hotline" and calls are answered or responded to usually within one business day.

1-800-573-6121

<http://www.psych.uic.edu/research/perinatalmentalhealth>

Med Ed PPD

A professional education, peer-reviewed Web site developed with NIMH to educate primary care providers (pediatricians, family physicians, obstetricians, psychiatrists, nurses, physician's assistants, nurse practitioners, nurse midwives, social workers) who treat women who have or are at risk for postpartum depression (PPD); also provides information for women with PPD and their friends and family members.

<http://www.mededppd.org>

Postpartum Support International's (PSI) Postpartum Depression Helpline:

PSI Coordinators are volunteers and peers who provide caring and informed social support and resources to women and their families. Coordinators can provide peer support via phone, email inquiries, or an on-line support group.

1-800-944-4PPD (4773)

www.postpartum.net

MGH Center for Women's Mental Health:

Website of Massachusetts General Hospital Center for Women's Mental Health which includes perinatal and reproductive psychiatry information across the life cycle. www.womensmentalhealth.org

The Council on Alcohol and Drugs Houston's Center for Women & Children

Case management, individual and family counseling and parent education services for pregnant and postpartum women who have a history of or are at risk for substance use/abuse.

281-200-9210 (for CRADLES project) or 713-914-0556 (Adult Intensive Outpatient Program)

PEP: Postpartum Education for Parents

1-805-564-3888 (Warmline)

www.sbpep.org

Postpartum Depression Hotline

1-800-PPD-MOMS

Crisis Intervention, Houston—24 hour hotline

713-HOTLINE

713-526-8088 (Spanish)

For Help With Houston Area Mental Health Referrals:

**Mental Health America of Greater Houston
Information & Referral Line 713-522-5161
(Monday - Friday, 8:30 am - 5:00 pm)**