

Online Resources

Postpartum Support International (PSI)
<https://www.postpartum.net/>

Postpartum Depression Alliance of Illinois (PPD IL)
<https://www.ppdil.org/>

24 Hour Telephone Hotlines

NorthShore University HealthSystem Moms hotline
1-866-364-MOMS (1-866-364-6667)

Postpartum Support International (PSI)
1-866-944-4773

National Suicide Prevention Hotline and Website
1-800-273-8255

Local Support Groups

Surviving to Thriving Postpartum Peer-To-Peer Group
Meets the 1st & 3rd Saturdays from 9:30-11:30am inside The Mental Wellness Center
205 N Williamsburg Dr. Suite A, Bloomington, IL 61704
<http://survivingtothriving.thebloomfoundation.org/>
815-310-0637
s2tmoms@gmail.com

Online Support Groups

Postpartum Support International (PSI)
<https://www.postpartum.net/get-help/psi-online-support-meetings/>
Surviving to Thriving
<https://www.facebook.com/S2TMOMS/>

Crisis Nursery

Serves children from birth to 6 years of age
403 S State St. Bloomington, IL
309-834-5260