Healthy New Moms

Maryland's Campaign to End Depression During & After Pregnancy

Resources For Families

Where to Call for Help:

Postpartum Depression Phone Support:
1-800-PPD-MOMS (1-800-773-6667).
Call 24 hours a day, 7 days a week and talk to a counselor to find help.

Websites:

www.healthynewmoms.org: Find information on depression while you are pregnant and after having your baby. Order free materials on-line.

www.1800ppdmoms.org: Provides information, support group listings and referrals.

www.postpartum.net: Offers information, live chats and help for mothers and fathers.

www.nimh.nih.gov: Find the latest research on treating mental disorders.

Support Groups:

Anne Arundel Medical Center
First Wednesday of every month
6:30 p.m. – 8:30 p.m.
Third Friday of every month
10:30 a.m. – 12:00 p.m.
Call: ASKAAMC at 443-481-4000, 443-481-6130, atiedke@aahs.org

Sinai Hospital
Second Thursday of the month
Call: Lisa Kelly, 410-601-9057

Greater Baltimore Medical Center
1st and 3rd Monday
7:00 p.m. - 9:00 p.m.
Call: 443-849-6262, and leave a message for Dee Dee Frank

International Cesarean Awareness Network
For mothers who are depressed, in part, by their birth experience.
Call: Barbara Stratton, 410-483-3202

Depression Bipolar Support Alliance, Baltimore County
1st and 3rd Monday
6:30 pm. - 8:00 p.m.
Essex Library Meeting Room
Call: Sabitri Lisa Morris, 410-391-0770, Sabitrimorr@aol.com

Become a support group leader:

DRADA (Depression and Related Affective Disorders Association) offers a Group Leader Training program for leaders of all types of support groups, including postpartum depression, and conducts support groups.
Call Wendy Resnick, 410-243-2334 or email resnick19@comcast.net

Organizations:

Postpartum Support International
offers information and resources for moms, families, friends and providers on screening, treatment and social support. The site lists state coordinator and support group contact information as well as links to other helpful sites.
1-800-944-4PPD (4773), www.postpartum.net

SaferMaternity offers a place for women and their families to share their stories and knowledge, and provides resource information.
301-299-0311, www.safermaternity.org

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Getting Help: Understanding Your Health Coverage

■ **Private Insurance:** You are considered privately insured if you or your employer pay premiums for a group or individual policy.

Your benefits depend on the type of health plan you have. Today, almost all health plans in Maryland provide some mental health coverage.

Your policy should tell you how many office visits and inpatient days are covered in a year.

Read your policy or call your insurer for information.

You need to know if there are rules about whom you can choose for your mental health professional. Some insurers require that you see a mental health professional in the insurer's network. If you choose a mental health professional who is not in the network, your care may not be covered or you may have to pay more of the cost of treatment. Private insurers usually require that you get permission before you seek care.

HMOs often require a referral from your primary care physician. This means that you must call your health plan provider before care begins. If you don't, the insurer will not pay for your care.

Always call your health plan provider before you begin mental health treatment.

■ **Medical Assistance/Health Choice:** The Health Choice program provides physical health care to Medicaid eligible recipients. For more information, call 1-800-977-7388. For mental health care, call the Public Mental Health System at 1-800-888-1965.

■ **The Maryland Children's Health Program:** The Maryland Children's Health Program provides physical and mental health care coverage to low income, pregnant women of any age and for low income children up to age 19. The program also provides health care for all legal immigrant children under 18 and pregnant women who are Medicaid eligible and who arrived in the United States on or after August 22, 1996. Call 1-800-456-8900 for more information or go to your local Department of Social Services or local Health Department for an application.

■ **Primary Adult Care Program:** If you are not eligible for Medicaid you may qualify for the Primary Adult Care Program. The program offers health services, including mental health care, to people who are age 19 and over and have little or no income. For more information, call 1-800-226-2142.

For more information and to download an application for Health Choice, the Maryland Children's Health Program and the Primary Adult Care program, go to www.dhmh.state.md.us/mma/mmahome.html.

■ **No Insurance/Low Income:** You may be eligible for public mental health services if you are uninsured. Call the Public Mental Health System at 1-800-888-1965 or TTY 1-800-735-2258.

■ **The Pro Bono Counseling Project** provides counseling on a wide variety of issues, including family and couples issues and depression, for persons with low incomes. Services are generally provided at no cost. For more information, call 410-323-5800, 301-805-8191 or 1-877-323-5800 or go to www.probonocounseling.org.

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