

# DISCHARGE RESOURCES

## Emergency Department Discharge Packet for Pregnant and Postpartum Patients

### GENERAL RESOURCES

*If an appointment was not scheduled for you during your emergency department visit, the following are resources to help you to schedule a follow-up appointment:*

If you are insured by **Medicaid**, contact your care coordinator to assist you with scheduling follow-up care using the following hotline numbers:

- Aetna Better Health - 1-866-329-4701
- BCBSIL - 1-877-860-2837
- CountyCare - 1-312-864-8200
- Meridian - 1-866-606-3700
- Molina - 1-855-687-7861

#### FindHelp.org

This tool can help you find services for needs such as: food, housing, transit, health, employment, or legal help. Search by zip code to find care.

#### NorthShore Perinatal Depression Program MOMS line

Free, confidential hotline is available 24 hours a day to patients and their families for information and mental health support. Call 866-364-MOMS (866.364.6667).



#### Chicago Department of Public Health Search for Care

<https://resources.healthychicagobabies.org/findrx/healthychicagobabies>

If you reside in Chicago, search by zip code to find care.

#### National Maternal Mental Health Hotline

Free, confidential hotline is available 24 hours a day to pregnant and postpartum parents. Available in both English and Spanish. Call or text 1-833-9-HELP4MOMS (1-833-943-5746).

#### MAR NOW Helpline for Opioids and Other Substances

IL 7 days/week from 6am-10pm helpline provides easy access to buprenorphine, methadone, and naltrexone to all callers regardless of insurance status, income, ability to pay, or documentation status. Call or leave an after hours voicemail 833-234-6343.

### PROVIDER FILL OUT

**RECOMMENDED TIME FOR FOLLOW-UP CARE:**

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**PROVIDER NAME & PHONE NUMBER FOR FOLLOW-UP CARE:**

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**DATE & TIME OF FOLLOW-UP APPOINTMENT:**

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**NOTES:**

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## GENERAL RESOURCES CONTINUED



### Planned Parenthood

<https://www.plannedparenthood.org/learn/pregnancy/prenatal-care/where-can-i-get-prenatal-care>

Search by city, state, or zip code to find prenatal care.

*If you continue to have trouble finding care, contact the social worker at the hospital where you visited the emergency room.*

**After your emergency department visit, when you make your appointment, make sure to mention the following:**

- You recently visited the emergency department
- Reason for emergency department visit

**What should I do if I am unable to schedule an appointment within the suggested timeframe?**

When you call to schedule an appointment, ask the clinic staff member if there are any symptoms you should watch out for or actions to alleviate your symptoms until your appointment.

We encourage you to attend an appointment for follow-up care and only visit the emergency room if you are experiencing symptoms that require emergency care.

### Pregnant now or within the last year?

Get medical care right away if you experience any of the following symptoms:

 Headache that won't go away or gets worse over time	 Dizziness or fainting	 Changes in your vision	 Fever of 100.4° F or higher
 Extreme swelling of your hands or face	 Thoughts of harming yourself or your baby	 Trouble breathing	 Chest pain or fast beating heart
 Severe nausea and throwing up	 Severe belly pain that doesn't go away	 Baby's movement stopping or slowing during pregnancy	 Severe swelling, redness or pain of your leg or arm
 Vaginal bleeding or fluid leaking during pregnancy	 Heavy vaginal bleeding or discharge after pregnancy	 Overwhelming tiredness	

These could be signs of very serious complications. If you can't reach a healthcare provider, go to the emergency room. Be sure to tell them you are pregnant or were pregnant within the last year.

Learn more at [www.cdc.gov/HearHer](http://www.cdc.gov/HearHer)





This list of urgent maternal warning signs was developed by the Council on Patient Safety in Women's Health Care.

Source: Urgent Maternal Warning Signs, CDC, 2022

## RESOURCES WITH INFORMATION ABOUT BEING PREGNANT OR POSTPARTUM:



**Healthy Choices Healthy Futures (HCHF) Toolkit by EverThrive:**

<https://www.healthychoiceshealthyfutures.org/>

**The Gathering Campaign by EverThrive:**

<https://thegathering.everthriveil.org/>

