

# **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 st 866-364-MOMS (866.364.6667).

PROVIDER FILL OUT
RECOMMENDED TIME FOR
FOLLOW-UP CARE:
PROVIDER NAME & PHONE
NUMBER FOR FOLLOW-UP CARE:
DATE & TIME OF FOLLOW-UP
APPOINTMENT:
NOTES:



#### 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.

### **AL 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.

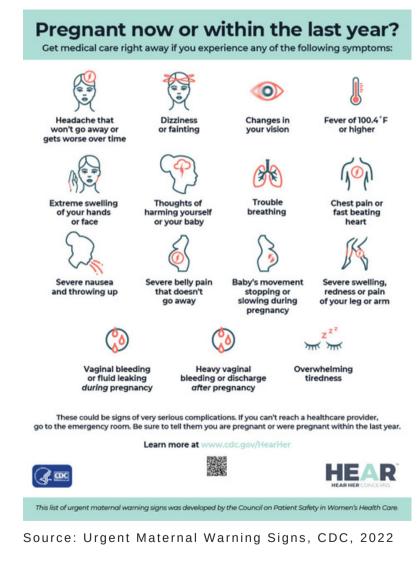
After your emergency department visit, when you make your appointment, make sure to mention the following:

- 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.



## RESOURCES WITH INFORMATION ABOUT BEING PREGNANT OR POSTPARTUM:



Healthy Choices Healthy Futures (HCHF) Toolkit by EverThrive: The Gathering Campaign by

EverThrive:



https://www.healthychoiceshealthyfut ures.org/ https://thegathering.everthriveil.org/