

State Services

Services for you and your family:

Stress, Depression and Addiction Ohio Department of Mental Health & Addiction Services

1.877.ASK.ODMH (275.6364)

<http://mha.ohio.gov>

Perinatal Outreach & Encouragement for Moms (POEM)

614.315.8989

<http://www.poemonline.org>

Health Care

Ohio Department of Health

1.800.755.GROW (4769)

<http://odh.ohio.gov>

Abuse and Violence

Ohio Domestic Violence Network

1.800.934.9840

<http://www.odvn.org>

Employment

Ohio Department of Job & Family Services

1.888.296.7541

<http://www.jfs.ohio.gov>

Food

Woman, Infants, Children (WIC) Program

1.800.755.GROW (4769)

<http://www.odh.ohio.gov/odhprograms/ns/wicn/wic1.aspx>

Local Services



Having the resources you need can make the birth of your new baby a positive experience. There are organizations within your local community that can help with services for you and your family. Ask your health care provider or contact one of the state services to find the help you need in your community.

For Moms

Offering resources for new mothers and mothers-to-be

All families go through changes when a baby is born. While pregnancy and childbirth can be times of great joy, the changes and new demands can sometimes seem overwhelming.



Ohio Department of Health

246 N. High Street
Columbus, Ohio 43215
Phone: 614.466.5332
Fax: 614.564-2442
www.odh.ohio.gov



About the Baby Blues

- Up to 80 percent of women experience the baby blues
- Symptoms include:
 - Mood swings
 - Anxiety
 - Sadness
 - Hopelessness
 - Trouble Sleeping
 - Fatigue
 - Changes in appetite
 - Little interest or pleasure
- The baby blues may only last a few days
- If they last longer than two weeks you may have postpartum depression



- ☐ Over the past two weeks have you felt down, depressed or hopeless?
- ☐ Over the past two weeks, have you felt little interest or pleasure in doing things?

If your answer is "yes" to either question, you may wish to seek professional help.



Postpartum Depression

- Affects 10-15 percent of women
- Symptoms last longer than the baby blues and are more intense
- Symptoms can include:
 - Mood swings or crying a lot
 - Feeling anxious or overwhelmed
 - Feeling sad or hopeless
 - Trouble sleeping
 - Fatigue or no energy
 - Difficulty concentrating or making decisions
 - Changes in appetite



Treatment Options

Effective treatments may include:

- Counseling by a licensed professional
- Joining a support group
- Medication prescribed by your doctor



Helpful Tips

- Be nice to yourself
- Get enough sleep
- Nap when the baby naps
- Ask your partner, family and friends for help
- Eat a healthy diet
- Exercise and stay active
- Talk about your feelings with people you trust
- Join a support group or talk to other mothers
- Don't try to be perfect



United Way

Provides free and confidential information and referral.

Call **211** for help with food, housing, employment, health care, counseling and more. Visit www.211.org

If you are having thoughts of harming yourself or the baby, it is important to get help right away.

Call **911** or go to a hospital emergency room.

If you need help now, text "**START**" to **741-741** or call **1-800-273-TALK (8255)**

