

Helpful Services

Stress, Depression and Addiction Help

Ohio Department of Mental Health & Addiction Services
1-877-ASK-ODMH
(1-877-275-6364)

Perinatal Outreach & Encouragement for Moms (POEM)

Mental health support for expectant and new moms.
614-315-8989
poemonline.org

Abuse and Violence

Ohio Domestic Violence Network
1-800-934-9840
odvn.org

Employment

Ohio Department of Job & Family Services
1-888-296-7541
jfs.ohio.gov

Food

Women, Infants, Children (WIC) Program
1-800-755-GROW (4769)
bit.ly/WICProgram

General

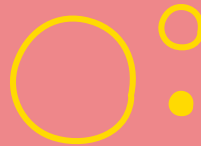
Ohio Chapter: National Alliance on Mental Illness
www.namiohio.org

2-1-1

Help with food, housing, jobs, health care, counseling and more.
www.211.org
Call 211

Help Me Grow

1-800-755-GROW (4769)
www.helpmegrow.ohio.gov



Feeling Sad? Lost? Tired?

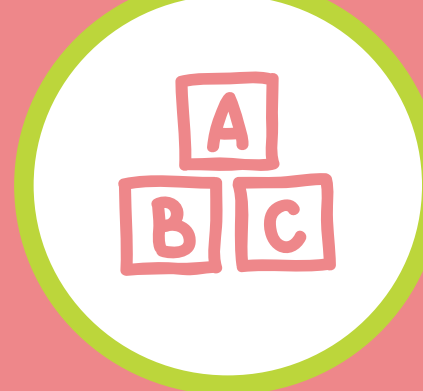
You're Not Alone



Get the Support
You Need



Many Women Feel Overwhelmed After Pregnancy



You May Have the Baby Blues

Up to **80% of women** get the baby blues which can last a few days or weeks.

Symptoms include:

- Mood swings
- Anxiety
- Sadness
- Hopelessness
- Trouble sleeping
- Tiredness
- Appetite changes
- Little interest or pleasure



How is Postpartum Depression Different?

Postpartum depression affects **10-15 percent of women**. Symptoms can be the same as the blues, but last longer and are more intense.

You May:

- Cry often, have mood swings
- Feel anxious or overwhelmed
- Feel sad or hopeless
- Have trouble sleeping
- Feel tired or lack energy
- Have appetite changes
- Have difficulty concentrating or making decisions



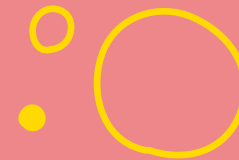
Have You Felt...

- ❓ Down, depressed or hopeless
- ❓ Little interest or joy in doing things, even taking care of your new baby

If “yes” to either question, you may want to get professional help.

Helpful Tips

- Be nice to yourself
- Get plenty of sleep
- Nap when 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



Effective Treatment Options

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



Thinking of Hurting Yourself or Baby?

- Call 911
- Go to the Emergency Room
- Text “START” to 741-741
- Call 1-800-273-TALK (8255) Suicide Prevention Hotline

See Back for More 