

Maternal Depression Resources for Cincinnati Area

Cincinnati Pediatric Research Group, Cincinnati Children's Hospital Medical Center

Local Helplines

Name	Phone Number	Description
Talbert Family Link Line	(513) 946-LINK	24-hour family counseling
Option Line	(800) 305-HELP	24-hour phone service to answer questions about abortion, pregnancy tests, adoption, parenting and other issues.
Depression after Delivery	(800) 944-4773	A National non-profit organization that provides support for women with antepartum or postpartum disorders.
Parent Source Info-Line	(513)624-3400	9 A.M.-5 P.M.

Support Groups

Name	Address	Phone Number	Description
Family Service of Cincinnati Area	205 W. Fourth St. Cincinnati, OH	(513) 321-1803	Provides parenting groups and programs at day-care centers, nursery schools, etc. Offers individual, family, and group counseling.
	2727 Madison Rd. Suite 303 Cincinnati, OH 45209		
Prevention Connection	Eastern Area Office 2085 Front Wheel Drive Batavia, OH 45103	(513) 724-9111	Provided by: The Mental Health Association
A Lighter Shade of Blue		(513)931-WARM 24-hour hotline	Provides support and healing to Individuals suffering from Post-Partum Depression.
		(513)584-8577 Mobile Crisis Unity Physicians Emergency Services	
Parent and Child Groups	The Children's Home of Cincinnati	(513) 272-2800	Weekly meetings which provide opportunities for parents to receive information on child development and other topics relevant to family health.
Beech Acres Parenting Center	6881 Beechmont Ave. Cincinnati, OH 45230	(513)231-6630	
Mothers and More	9560 Children's Drive Mason, OH 45040	(513)697-8950	A non-profit organization dedicated to improving the lives of mothers through support, education and advocacy.

Support Groups, continued

Name	Address	Phone Number	Description
The Women's Connection	4042 Glenway Ave. Cincinnati, OH 45205	(513) 471- HOPE	Offers developmental playroom for children as well as various support groups and a parent-to-parent group.
Brighton Center	7th and Park Newport, KY 41075	(859) 491-8303	Creates opportunities for individuals and families to reach self-sufficiency through family support services, education and leadership.
North Key Community Care of Newport		(859) 331-3292	Offers family and child counseling and 24 Hour access to behavioral healthcare services via phone.

Events and Activities for Moms

Name	Website	Description
Stroller Fit (\$)	www.strollerfit.com	Fun exercise for you and your baby; a relaxing way to release stress, great way to build relationships with other moms. (\$11.00 per class)
Matching Moms	www.matchingmoms.org	For moms with babies, toddlers, preschoolers and school-age children who want to meet other moms for friendship, support and playgroups. (no fees, tips optional)
Real Families Real Fun	www.realfamiliesrealfun.com	Modern information source parents turn to in order to help make family time quality time.
The Children's Home of Cincinnati	www.thechildrenshomecinti.org	Offers many early childhood services such as Family night.
Tristate Mom's Group (\$)	www.geocities.com/tristatesahmsplaygroup/	\$12/year per family
Club Mom	Greentree Mall Lewis and Clark Pkwy Clarksville, IN (812)283-5678	
Mommy Tips	www.mommytips.com	

On-Line Information

Website	Description
www.postpartumstress.com	The Postpartum Stress Center specializes in the diagnosis and treatment of prenatal and postpartum depression and anxiety disorders.
www.mops.org	Mothers of Pre-Schoolers
www.ppdsupportpage.com	Online Support Group
www.everychildsucceds.org	A voluntary program offering first-mothers and their families support to help ensure an optimal start for their children.
www.focusonyourchild.com	Helping parents raise healthy, confident and well-adjusted children.
www.sbpep.org	Postpartum Education for Parents
www.mommy-muse.com	Provides online counseling via email exchanges and occasional telephone sessions. (\$\$)
www.verybestbaby.com	Offers information on how to adapt and recover from Postpartum depression.
www.healthyplace.com	The Depression Center seeks to help you learn as much as possible about depression and to help in your recovery.
www.psycom.net	
http://familydoctor.org/379	Information for women about postpartum depression and the "baby blues" from the American Academy of Family Physicians.
www.4women.gov/faq/postpartum.htm/	The National Women's Health Information Center Frequently Asked Questions on postpartum depression.
www.beyondtheblues.com	Website companion for the concise and up-to-date book (<u>Beyond the Blues</u>) for women needing help with prenatal and postpartum depression and anxiety.
www.depressionafterdelivery.com	Depression After Delivery is a national nonprofit organization which provides support for women with antepartum and postpartum disorders.
http://pub30.ezboard.com/postpartumdepression	This web site is a place for women who are experiencing mood disorders after giving birth or adopting a baby. It also provides support for families and friends.
www.postpartumhealth.com	Addresses the physical, mental, and emotional needs of pregnant and postpartum women and their families, facilitating the transition from pregnancy to parenthood.
www.heartcenteronline.com	This website answers your questions about depression and more with patient guides, the latest news, tips, tools, animations, and newsletters.
www.postpartum.org	The Pacific Postpartum Support Society is a non-profit society dedicated to supporting the needs of distressed postpartum mothers and their families.

On-Line Information, continued

Website	Description
www.postpartum.net	Postpartum Support International offers support and information to those dealing with postpartum depression.
www.ppdsupport.org	The Ruth Rhoden Craven Foundation, Inc. for Postpartum Depression Awareness provides information and support to women suffering from postpartum depression and their families and serves as a resource to those in the medical community.

Abuse and Violence

Name	Address	Phone Number	Description
Domestic Violence Support Group		(513) 872-9259	24-hr Protect Hotline
Commonwealth Substance Abuse Specialists	700 Houston Rd. Florence, KY 41042	(800) 928-8000	
Women's Crisis Center		(800) 928-3335	
National Domestic Violence Hotline		(800) 799-SAFE	
Child Help USA		(800)4-A-CHILD	National Child Abuse Hotline
Help Me Grow		(513) 281-4769	Home visiting program which support for infants and toddlers who are at risk for future developmental delay, child abuse, or neglect.
Rape Crisis and Abuse Center	216 E. Nineth St. Cincinnati, OH	(513)381-5610	Provides support, assistance, and therapy for rape victims
National Cocaine Hotline		(800) COCAINE	

Alcohol, Tobacco and Drugs

Name	Contact
Al-Anon	(513) 351-0422 www.aacincinnati.org
Narcotics Anonymous	(513) 820-2725 www.naohio.org
Alateen	(513) 771-4070
Women For Sobriety	www.womenforsobriety.com
First Step Home	(513) 961-4663

Food and Shelter

Name	Contact
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Freestore Foodbank	(513) 241-1064 www.freestorefoodbank.org
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Welcome House of Northern Kentucky	205 Pike St. Covington, KY 41011 (859) 431-8717 www.welcomehouseky.org
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Boone County Human Services	2970 Union Square Burlington, KY 41005 (859) 334-2116
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Legal Assistance

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Legal Aid Society of Greater Cincinnati	(513) 241-9400 www.lascinti.org
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Cincinnati Bar Association	(513) 784-9595
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Books

Name

<u>Down Came the Rain: My Journey through Postpartum Depression</u> Brooke Shields

When Words are Not Enough: The Women's Prescription for Depression and Anxiety
Valerie Davis Raskin, MD

Beyond the Blues: A Guide to Understanding and Treating Prenatal and Postpartum Depression
Shoshana S. Bennett, PhD and Pec Indman EdD, MFT

Shouldn't I Be Happy? Emotional Problems of Pregnant and Postpartum Women
Shailla Misri, MD

You Mean I Don't Have to Feel This Way? New Help for Depression, Anxiety, and Addiction
Colette Dowling

This Isn't What I Expected
Karen R. Kleiman, MSW and Valerie Raskin, MD

I Wish Someone Had Told Me: A Realistic Guide to Early Motherhood
Nina Barnett
Out of print; may be available used or from a library

Postpartum Survival Guide
Ann Dunnewold, PhD and Diane G. Sanford, PhD
Out of print; may be available used or from a library

New Parents, New Babies: The Best Websites
Matt Danielsson, Krissi Danielsson