

## ***Referrals and Counseling***

- **Talbert Family Link Line**  
(513) 946-LINK  
24-hour Family Counseling
- **Depression After Delivery**  
(800) 944-4773  
Provides support for women with postpartum disorders.
- **The American Psychological Association**  
(800)964-2000
- **The Academy of Medicine of Cincinnati**  
[www.academyofmedicine.org](http://www.academyofmedicine.org)
- **Corphealth (Humana members only)\***  
Call (866) 279-7214 to request information on how to detect early signs and treatment of postpartum depression.  
\*Contact your health provider for other options and services.

## ***Alcohol, Tobacco and Drugs***

- **Alcoholic's Anonymous**  
(513) 351-0422  
[www.aacincinnati.org](http://www.aacincinnati.org)
- **Alateen**  
(513) 771-4070
- **Narcotics Anonymous**  
(513) 820-2725  
[www.naohio.org](http://www.naohio.org)
- **First Step Home**  
(513) 961-4663

## ***Abuse and Violence***

- **Domestic Violence Support Group**  
(513) 872-9259  
24-Hour Protect Hotline
- **National Domestic Violence Hotline**  
(800) 799- SAFE
- **Child Help USA**  
(800)4-A-CHILD
- **Rape Crisis and Abuse Center**  
(513)381-5610

## ***Food and Shelter***

- **Freestore Foodbank**  
(513) 241-1064  
[www.freestorefoodbank.org](http://www.freestorefoodbank.org)
- **Welcome House of Northern KY**  
205 Pike St.  
Covington, KY 41011  
(859) 431-8717  
[www.welcomehouseky.org](http://www.welcomehouseky.org)
- **Boone County Human Services**  
2970 Union Square  
Burlington, KY 41005  
(859) 334-2116

## ***Legal Assistance***

- **Legal Aid Society of Greater Cincinnati**  
(513) 241-9400  
[www.lascinti.org](http://www.lascinti.org)
- **Cincinnati Bar Association**  
(513) 784-9595

## ***Online Resources***

- [www.postpartumstress.org](http://www.postpartumstress.org) The Postpartum Stress Center specializes in diagnosis and treatment of postpartum depression.
- [www.wellmother.com](http://www.wellmother.com) An online resource for women and their families.
- [www.ppdsupportpage.com](http://www.ppdsupportpage.com) Offers information, support and assistance to those suffering from postpartum depression.
- [www.everychildsucceeds.org](http://www.everychildsucceeds.org) A voluntary program offering first-mothers and their families support to help ensure an optimal start for their children.
- [www.mommy-muse.com](http://www.mommy-muse.com) Online counselors providing specialized support for the unique demands of new motherhood.

## ***Support Groups***

- **A Lighter Shade of Blue**  
(513)931-WARM  
Provides support and healing to individuals suffering from post-partum depression.
- **The Children's Home of Cincinnati**  
(513) 272-2800  
[www.thechildrenshomecinti.org](http://www.thechildrenshomecinti.org)
- **Mothers and More**  
9560 Children's Drive  
Mason, OH 45040  
(513) 697-8950
- **The Women's Connection**  
4042 Glenway Ave.  
Cincinnati, OH 45205  
(513) 471-HOPE
- **Beech Acres Parenting Center**  
6881 Beechmont Ave.  
Cincinnati, OH 45230  
(513) 231-6630
- **North Key Community Care of Newport**  
(859) 331-3292  
10<sup>th</sup> and Monmouth Streets  
Newport, KY 41071

## ***Events and Activities for Moms***

- **Stroller Fit** [www.strollerfit.com](http://www.strollerfit.com)  
Fun Exercise for you and your baby! This is a relaxing way to release stress build relationships with other moms. (\$11.00 per class)
- **Matching Moms** [www.matchingmoms.org](http://www.matchingmoms.org)  
For moms who want to meet other moms for friendship, support and playgroups.  
(No fees, tips optional)
- **Real Families Real Fun**  
[www.realfamiliesrealfun.com](http://www.realfamiliesrealfun.com)  
Up-to-date information source to make family time quality time!
- **Tristate Mom's Group**  
[www.geocities.com/tristatesahmsplaygroup/](http://www.geocities.com/tristatesahmsplaygroup/)  
(\$12 per year)