

Mothers and mothers-to-be could use a helping hand at times.
This guide:

Helps mothers to think about their personal and family needs.

Gives mothers information about people, services, or resources that may help them through pregnancy and beyond.

Encourages mothers to seek help when they are struggling or their families need help.



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For additional copies of this guide or to comment on its content, please call Amy Heneghan, MD, at 216-844-6243 or The Cleveland Regional Perinatal Network at 216-844-3391.

The format for this guide was inspired by "Your Guide to Mental Health Services in Cleveland," published by The National Alliance for the Mentally Ill of Metro Cleveland (216-491-1616).

This guide provides selected resources for mothers of diverse backgrounds. It is not intended to be a comprehensive guide. Inclusion of resources in this guide is informational only and does not represent an endorsement of specific organizations.

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A Guide for Moms

Resources for mothers-to-be and mothers of young children



Because giving mom an extra hand can help the whole family!



Being a mother can be wonderful and rewarding.

But all mothers have their struggles! Perhaps you feel lonely or depressed at times; maybe it's hard to pay the bills; or sometimes you have more questions than answers about how to raise your child!

Services to help you and your family

Stress and Depression

Ohio Department of Mental Health
www.mh.state.oh.us **1-877-ASK-ODMH**

Health Care

Ohio Department of Health www.odh.state.oh.us
Children and Family Health Services **1-800-755-4769**

Children with Special Needs

Ohio Department of Health – Help Me Grow
www.ohiohelpmegrow.org **1-800-755-4769**
Ohio Department of Mental Retardation/
Developmental Disabilities
http://odmrrd.state.oh.us/ **1-877-464-6733**
Ohio's Family Support Collaborative (FSC)
http://olrs.ohio.gov/ASP/olrs_FSCHomePage.asp
1-800-282-9181

Child Support

www.jfs.ohio.gov/OCS/ **1-800-686-1556**

Legal Assistance

Ohio State Legal Services Association
www.ohiolegalservices.org **1-866-529-6446**

Food

Women, Infants and Children (WIC) Program
1-800-755-4769
Food Stamps/Ohio Direction Card
www.state.oh.us/odjfs **1-614-466-6814**

Shelter/Housing

Ohio Housing Finance Agency
www.ohiohome.org **1-888-362-6432**

Employment

Ohio Department of Job and Family Services
SCOTI-HELP-DESK@odjfs.state.oh.us **1-888-385-2588**
Unemployment compensation
www.unemployment.ohio.gov **1-877-644-6562**

Financial Assistance

Ohio Works First (OWF)
www.state.oh.us/odjfs **1-866-244-0071**

Abuse and Violence

Ohio Department of Job & Family Services (ODJFS)
1-866-886-3537
Ohio Domestic Violence Network (ODVN)
www.odvn.org **1-800-934-9840**

Alcohol/Drug Counseling and Treatment

Ohio Department of Alcohol &
Drug Addiction Services (ODADAS)
www.odadas.state.oh.us **1-614-466-3445**

What are your needs?

What type of help do you need right now? Maybe you could use the company of other moms or some good parenting advice. Perhaps you've struggled with "baby blues" or depression. Are money problems overwhelming you? What if you could talk with someone who understands your situation?

Who can help you and how?

Organizations in your community can help meet the daily needs of your family: food, shelter, clothing, etc. Health care professionals can help you deal with stress, parenting or family issues, and emotional or mental health problems. Other groups in your area may offer support for your special situation or needs. You just need to know where to look! That's how this guide can help you.

You don't have to wait until you're desperate to ask for help!

Finding the resources you need now will help you get through difficult situations and better prepare you and your family for the future.

211 First Call for Help is available in many counties. To find resources in your community link to **www.211solutions.org**

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Could you use some extra help?

See if the following sound familiar.

- I often feel stressed or anxious.
 - I don't usually get the support I need from others.
 - I often feel angry.
 - I feel trapped.
 - I never get a break from my family.
 - I often feel down or unhappy.
 - I'm not sure I'm happy about being pregnant or being a mom.
 - Being a parent is much harder than I thought it would be.
 - I have money problems and I don't know where to turn.
 - I have legal problems and I don't know where to turn.
 - I don't feel safe around my partner.
 - My whole life is just too overwhelming.
 - I feel lonely or isolated from others.
- During the past two weeks, have you ever felt down, depressed or hopeless?**
 - During the past two weeks, have you felt little interest or pleasure in doing things?**

If any of these apply to you, this guide may help you. Call 911 or go to the nearest hospital emergency room if you need immediate assistance.