

***Pregnant and new moms often
feel anxious or depressed***

*perinatal outreach
& encouragement*

p(for moms)em

A Program of Mental Health America of Ohio

***A free maternal mental health support
program in Ohio***

We offer pregnant and parenting women

- a dedicated peer support and care navigation line
- mom-to-mom mentoring
- online and in-person support groups
- referrals to specialized maternal mental health clinicians
- peer support and referral services by and for African-American women
- referrals to support services for pregnancy and infant loss

How to get help:

***Call or text: 614.315.8989
or visit: poemonline.org***

Anxiety and depression are the most common complications of pregnancy and childbirth.

Maternal mental health complications can appear during pregnancy or for many months after childbirth. These symptoms—from mild to severe—do not typically resolve without appropriate support and treatment.

“Postpartum depression” is often the term used to reference these symptoms, though they often do not appear as depression. Moms may have anxiety, panic, scary thoughts, anger, and mania, and all of these symptoms are on the spectrum of maternal mental health complications.

You might feel:

Overwhelmed

Guilty

Anxious or nervous

Hopeless

Irritable or angry

Scared by your thoughts

Disconnected

Exhausted but unable to sleep

POEM can help.

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POEM is a program of the non-profit organization Mental Health America of Ohio and the Ohio chapter of Postpartum Support International, the leading authority on pregnancy & postpartum mental health.