

perinatal outreach
& encouragement



We are Ohio moms who have survived prenatal/postpartum depression (PPD) or anxiety so we understand like no one else can. We had thoughts that scared and shamed us. We blamed ourselves. We doubted ourselves. We felt weighed down by all the “shoulds” of motherhood.

Some of us had a hard time finding help. That’s why we started POEM, where we volunteer our time to help moms like you who are experiencing the most common complication of childbirth.

It’s okay to reach out for help. That’s why we’re here.

Please call us at (614) 315-8989 or visit www.poemonline.org
Spanish: Linea de Apoyo (614)285-7636

Our services are free of charge and include:

- Mom-to-mom support over the phone, online, or in groups with a casual, open-session format.
- Referrals to specialized health care providers and community resources
- An unbiased, central source of information and support

We provide a variety of services for pregnant and postpartum women. These include support groups, a state-wide support line, and resources.

Support Groups

POEM groups are temporarily moving to an online format. Please see the schedule below to register, and follow us on [Facebook](#) for updates.

POEM Support Meetings — For pregnant and postpartum moms

- Online: Wednesdays – 7:00-8:30pm
- In-person: 1st and 3rd Saturday of each month – 10:00-11:30am

Rise: for Black and African-American Moms Support Meeting

- Online: Mondays – 7:00-8:30pm
- In person: 2nd and 4th Saturday of each month – 11:00am-12:30pm

Call Becca Alexander at 614-315-8989 or email balexander@mhaohio.org with any questions or concerns about accessing POEM groups online or over the phone.

If you are in crisis, please call 911 or contact Netcare Access at 614-276-2273.

You can also text the National Crisis Text Line at 741-741.

Columbus Women's Wellness – 614-383-8381

Offices in Powell and Gahanna – *(private insurance only)*

OFFERS PSYCHIATRY SERVICES

info@columbuswomenswellness.com

Ohio State Women's Behavioral Health – 614-293-9600

1670 Upham Drive Columbus 43210

OFFERS PSYCHIATRY SERVICES

Aimee Rhoden, MEd, LPC - 614-844-6886

5775 Perimeter Dr. Dublin 43017

Suzanne Saul, PhD – 614-844-6886

355 E Campus View Blvd. #285 Columbus 43235

Jennifer R. Schantz, PhD – 614-361-0503

450 W Wilson Bridge Rd #350 Worthington 43085

Seasons Life Coaching & Counseling, LLC – 614-787-8218

7644 Slate Ridge Blvd Reynoldsburg 43068

Julie Shuptrine, LISW – 614-228-7275

850 Kin Ave #B Columbus 43212

Sommer Group Counseling & Consulting – 614-985-5500

1910 Crown Park Ct Columbus 43235

Nancy Walker, PhD & Michael Forman, PhD – 614-263-5908

3545 Olentangy River Rd #214 Columbus 43214

WellSpring – 614-538-0353

1115 Bethel Rd 1st Floor Columbus 43220 (main office)

23 Satellite offices www.wellspringcolumbus.org

Arbor Counseling – 614-766-0161

2690 Billingsley Rd Columbus 43235

Sarah Auman, PCC, RN – 614-299-0992

1155 W 3rd Ave Grandview 43212

Anxiety & Behavioral Health Services – 614-436-5030

659 High St #202 Worthington 43085

Bethel Olentangy Psychological Services – 614-451-6606

4949 Olentangy River Rd Columbus 43214

Buckeye Psychiatry, LLC – 614-766-5205

5060 Parkcenter Ave #F Dublin 43017

Catholic Social Services 614-221-5891

197 E Gay St Columbus 43215

Janet Clark, PhD – 614-231-7255

3449 E. Livingston Columbus 43227

Heidi S. Johnson, MD – 614-842-9966

659 High St #201 Worthington 43085

Lowenstein & Associates – 614-443-6155

691 S Fifth St Columbus 43206

North Central Mental Health – 614-227-6865

Herb Hausman, PhD – 614-481-0033

1943 W Fifth Ave Columbus 43212

Postpartum Support International - PSI

800-944-4776

www.postpartum.net

Optima Behavioral Health – 614-759-5075

81 Outerbelt St Columbus 43213

PSI Support Coordinator Network

www.postpartum.net/get-help.aspx

Postpartum Dads – recommended for partners of women with postpartum depression who want to help themselves and their mothers

www.postpartum-dads.org

Mental Health America – 614-221-1441

(Columbus program, online directory, pro-bono counseling)

538 E Town St #D Columbus 43215

www.mhafc.org

Single Parent Link – 614-558-3302

Resources for single parents

www.singleparentlink.com

Mount Carmel Pregnancy and Infant Loss – 614-234-5999

C.H.O.I.C.E.S. – 614-224-4663

Domestic Violence

www.choicesdvcols.org

Conscious Connections LLC – 614-494-0082

466 N Cassidy Ave Bexley 43209

Jane E. Cottrell, PhD – 614-267-0944

4400 N. High St #407 Columbus 43214

Ellen Kay Douglas, PhD – 614-621-3673

785 E. Broad St Columbus 43205

William Friday, PhD - 614-501-8220

5340 E Main St #205 Columbus 43213

Earl Greet, PhD – 614-253-5574

1289 Livingston Ave Columbus 432056

Carl Grody, LISW – 614-889-6422

5060-B Bradenton Ave Dublin 43017

Heartland Wellness – 614-245-0400

68 N High St Building A New Albany 43054

Lighthouse Christian Services, Inc. – 614-337-1986

2085 Mecca Rd Columbus 43201

Netcare Corp – 614-276-2273

199 S Central Ave Columbus 43223

Northwest Counseling Services – 614-457-7876

1301 N High St Columbus 43201

1560 Fisinger Rd Columbus 43221