Help for New Moms

SCMDN Providers

Alleviant Health Centers
1000 S. Cleve Mass Rd., Suite 1, Akron
Intake Phone: 866-951-4325

AxessPointe Women's Health Clinic
676 S. Broadway St., Suite 203, Akron
Intake Phone: 330-564-8660
www.axesspointe.org/womens-health

*Bellefaire/JCB
1221 Waterloo Rd., Akron
Intake Phone: 234-208-4300
www.bellefairejcb.org

*Catholic Charities of Summit County
812 Biruta St., Akron
Intake Phone #: 330-762-7481
www.ccsummitcounty.org

*Child Guidance & Family Solutions
Offices in Akron, Barberton, Cuyahoga Falls, and Twinsburg
Intake Phone #: 330-762-0591
www.cgfs.org

Coleman Professional Services
525 E. Market St., Akron
Intake Phone #: 330-379-0667
www.colemanservices.org

Community Health Center
725 E. Market St., Akron
Intake Phone #: 330-315-2644
www.commhealthcenter.org

See additional partners on back.
* Providers with home-based services

Greenleaf Family Center
580 Grant St., Akron
Intake Phone #: 330-376-9494 (x 209)
www.greenleafcfr.org

*Minority Behavioral Health Group
1293 Copley Rd., Akron
Intake Phone #: 330-374-1199
www.mbhg.org

*Ohio Guidestone
3094 W. Market St., Suite 105, Fairlawn
Intake Phone #: 1-800-639-4974 (x 2916)
www.OhioGuidestone.org

Portage Path Behavioral Health
340 S. Broadway St., Akron
Intake Phone #: 330-253-3100
www.portagepath.org

For more information about how you or your loved one can seek help for maternal depression, call the Summit County Maternal Depression Network at 330-926-5700

Summit County Public Health complies with applicable Federal Civil Rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.
Postpartum Depression

Postpartum depression affects 10-15% of women. Symptoms are more intense and last longer than the baby blues.

If your answer is “yes” to either question, you may want to seek help.

⇒ Over the past two weeks, have you felt down, depressed or hopeless?
⇒ Over the past two weeks, have you felt little interest or pleasure in doing things?

Helpful Tips for Moms

- Nap when baby naps
- Eat a healthy diet
- Give yourself a treat
- Exercise, stay active
- Ask your partner, family, and friends for help
- Discuss your feelings with people you trust
- Join a support group or talk with other mothers

Help is available

Suicide Prevention Hotlines:
330-434-9144 or 1-800-273-8255

Start with an Online Support Group:
www.postpartum.net

While pregnancy and childbirth are times of great joy, they are often accompanied by changes and demands that may seem overwhelming.

Baby Blues

Up to 80% of women experience the baby blues. Brief/mild depressive symptoms such as:

- Mood Swings
- Anxiety
- Sadness
- Hopelessness
- Trouble Sleeping
- Fatigue
- Changes in appetite
- Little interest or pleasure

Where to seek help

Summit County Maternal Depression Network is working with partners in the community to help women get the help they need.

This brochure contains information on several treatment providers to help mothers suffering from maternal depression and other mood disorders.

Funded by Ohio Department of Health/Federal Government, Bureau of Maternal and Child Health, Maternal and Child Health Program.