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This list of individuals, agencies and resources is provided as an informational item for your convenience. The Coalition for a Healthy Community-Oxford Ohio Area does not recommend or endorse any of these individuals, agencies or resources and will not be held liable or responsible for any services provided by them. The Coalition for a Healthy Community-Oxford Ohio Area highly recommends that you conduct your own research and investigation and exercise due diligence before selecting any of these individuals or agencies for services.



Oxford Ohio Area

**Perinatal
Mental
Health &
Postpartum
Depression
Resources**

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While many new mothers experience a brief period of “the blues” after delivery, about 20% experience more serious perinatal mental health complications. Symptoms may develop during or after pregnancy and include depression, anxiety, sadness, emptiness, hopelessness, social withdrawal, feeling overwhelmed, fatigue, changes in sleeping and eating patterns, guilt, panic attacks, frustration, and irritability. These symptoms usually develop between three weeks to four months after birth but can occur at any time during the first year. Other perinatal mental health conditions include postpartum obsessive-compulsive disorder, postpartum post-traumatic stress disorder and postpartum psychosis. Pre-existing mental health disorders can also be made worse by pregnancy and childbirth.

Online Resources

Postpartum Support International

<http://www.postpartum.net>

Toll-free Helpline: 800.944.4773

Postpartum Mood Disorder Online Support Group

<http://www.ppdsupportpage.com/>

The Center for Postpartum Health

<http://www.postpartumhealth.com/>

Postpartum Progress

<http://www.postpartumprogress.com>

Ohio Resources

POEM: Perinatal Outreach and Encouragement for Moms

<http://poemonline.org/>

Talk/Text Line: 614-315-8989

Ohio Coordinator: Tonya Fulwider
tfulwider@mhafc.org

Telephone: 614-221-1441 x 104

A Lighter Shade of Blue Support Group -Fairfield, OH

<http://www.alightershadeofblue.com/index.html>

Email: alightershadeofblue2@yahoo.com
Support Group Meetings-First Monday of the month, 7 to 9 pm @ Fairfield Pavilion Retirement Center:
5251 Dixie Hwy, Fairfield, OH 45014

Many Shades of Blue Support Group -Dayton, OH

Miami Valley Regional PPD Network
1997 Miamisburg-Centerville Rd Dayton, Ohio 45459

Contact Pam Stout and Debbie Ruxer, RN, MS, CNM

Telephone: 1-866-848-3163