

# A Guide for Moms

Cleveland-area resources for mothers-to-be and mothers of young children



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

Mothers and mothers-to-be could use a helping hand at times. This guide is designed to help mothers find the resources that may help them and their families. Click on any of the topics below for more information

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*Si necesita ayuda ó informacion en español, lláme al Spanish American Committee en 216-961-2100.*

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**For additional copies of this guide or to comment on its content, please contact the Cleveland Regional Perinatal Network at 10524 Euclid Avenue, Suite 3000, Cleveland, Ohio, 44106, (216) 844-3391 or email the Project Coordinator at [Avril.Albaugh@UHHospitals.org](mailto:Avril.Albaugh@UHHospitals.org)**

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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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## Thinking about mothers' needs

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!

**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 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.*

**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.

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## Stress and Depression

Pregnant women and new moms experience lots of emotions, many of them wonderful. But some mothers may feel unhappy, guilty, stressed, depressed, lonely or overwhelmed. These feelings can be intense may last for quite awhile. Mothers may even feel afraid to talk about them. But these emotions are common and can affect a woman's health and her family's happiness. If you have these feelings, talk to someone who can help:

- ❖ Your **health care provider** (family doctor, internist, nurse, OB/GYN, or your child's pediatrician) may provide information, referrals or treatment.
- ❖ Your **health insurance provider** can tell you about your mental health care coverage.
- ❖ A **trusted clergyperson** may be able to recommend faith-based counseling services.
- ❖ **Support groups** with other mothers can be a source of encouragement and advice.

**See also "Parenting Support".**

**Mental Health Services, Inc – Mobile Crisis 216-623-6888**  
[www.mhs-inc.org/MobileCrisisTeam.asp](http://www.mhs-inc.org/MobileCrisisTeam.asp)

24-hour crisis hotline for mental health issues. Information and referral for adults and children.

**Connections: Health Wellness Advocacy 216-831-6466 x 232**  
[www.connectionsleveland.org](http://www.connectionsleveland.org)

Mental health care and counseling to pregnant and postpartum women with depression, anxiety, and substance use.

**Far West Center 440-835-6212 x263**

[www.farwestcenter.com/](http://www.farwestcenter.com/)

Counseling and other mental health services. “Help for Moms” program for new moms who may be at risk for depression.

**Berea Childrens Home and Family Services 216-789-8954**

[www.bchfs.org](http://www.bchfs.org)

Counseling and psychiatric services for adults, teens and children.

**If you have urgent concerns about yourself or your family’s health or safety, call 911, go to the nearest emergency room, or call MHS, Inc. Mobile Crisis 24 hour hotline at 216-623-6888.**

## Parenting Support

### Helplines

**Family Helpline 216-229-8800**

[www.bellflowercenter.org](http://www.bellflowercenter.org)

Help by phone 24 hours a day for parents feeling overwhelmed.

**Tot Line 216-431-8200**

Answers parenting and child development questions about children.

**My Baby Line, MetroHealth 216-778-BABY (2229)**

Nurses give information, referrals and support to those who are thinking of becoming pregnant, pregnant women and new mothers.

### Child Care

**Starting Point for Child Care & Early Education 800-880-0971**

[www.starting-point.org](http://www.starting-point.org)

Referrals to day care centers and in-home providers; before- and after-school care; and preschool education, including Head Start.

### In Home Parenting Support

**MomsFirst 216-664-4194**

[www.clevelandhealth.org/Health/MaternalChildHealth/MomsFirst.html](http://www.clevelandhealth.org/Health/MaternalChildHealth/MomsFirst.html)

Helps pregnant women and new mothers who live in Cleveland connect with community resources. Free in-home pregnancy testing

**Help Me Grow 216-736-4300**

[www.helpmegrow.org](http://www.helpmegrow.org)

Information and referral to community services for parents of children up to age three. Ongoing in-home parent education and support for those who qualify

### **Support Groups**

**POEM (Perinatal Outreach and Encouragement for Moms) - Maternal Mental Health Alliance 216-373-0302**

[www.poemonline.org](http://www.poemonline.org)

Provides a local support group run by mothers who have experienced depression during pregnancy and/or postpartum depression.

### **Support Groups/Classes**

Phone **211/First Call For Help at 211 or 216-436-2000** 24 hours, 7 days a week for parenting support groups and classes.

[www.211cleveland.org](http://www.211cleveland.org)

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## **Abuse and Violence**

**Are there times when you feel unsafe around anyone you know or live with? If so, please call one of the numbers below. Help is available, whether you need a safe place to stay or counseling for yourself or someone you know.**

**Domestic Violence Center 216-391-4357**

[www.domesticviolencecenter.org](http://www.domesticviolencecenter.org)

Provides telephone help during a crisis, referral to shelters, counseling, referrals and information for people in a current or past domestic violence situation. Offered 24 hours, 7 days a week.

**Cleveland Rape Crisis Center 216-619-6192**

[www.clevelandrapecrisis.org](http://www.clevelandrapecrisis.org)

Offers a 24-hour confidential and/or anonymous hotline providing crisis counseling and support, information and referrals for survivors of rape, incest, or sexual abuse or assault.

**Jewish Family Services Association 216-292-3999**

[www.jfsa-cleveland.org](http://www.jfsa-cleveland.org)

Provides legal advocacy and assistance with finding and obtaining services for battered individuals. Callers do not have to be Jewish to receive help.

**Cuyahoga County Witness/Victim Service Center 216-443-7345**

[www.ja.cuyahogacounty.us/en-US/wvsc-new.aspx](http://www.ja.cuyahogacounty.us/en-US/wvsc-new.aspx)

Provides justice system advocacy, support, and information for victims of domestic violence and/or violent crime.

**Cuyahoga County Department of Children & Family Services 216-696-KIDS (5437)**

[www.cfs.cuyahogacounty.us](http://www.cfs.cuyahogacounty.us)

Take reports of the abuse or neglect of children 24 hours, 7 days a week.

## Alcohol, Tobacco and Drugs

Sometimes mothers or other family members use and/or abuse substances that could be harmful to them or their family. If you need help, call one of the numbers below.

### Alcohol and Drug Counseling and Treatment

**Recovery Resources 216-431-4131**

[www.recres.org](http://www.recres.org)

Help for alcohol and drug addiction. Offers assessment, treatment, information and referral.

**211/First Call For Help 211 or 216-436-2000**

[www.211cleveland.org](http://www.211cleveland.org)

Provides referrals for alcohol and drug abuse counseling and treatment 24 hours, 7 days a week.

### Support and Information

**Alcoholics Anonymous 216-241-738**

[www.aacleveland.com](http://www.aacleveland.com)

12-step support group to assist alcoholics.

**Al-Anon & Al-Ateen 216-621-1381**

[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

12-step fellowship for relatives and friends of problem drinkers.

**Cocaine Anonymous 216-523-8701**

[www.ca.org](http://www.ca.org)

Support group for those addicted to cocaine.

**Narcotics Anonymous 888-438-4673**

[www.na.org](http://www.na.org)

Offers 12-step support groups for recovering drug addicts.

**American Lung Association 216-524-LUNG**

[www.ohiolung.org](http://www.ohiolung.org)

Classes for those who want to quit smoking.

**Ohio Tobacco Quit Line 800-784-8669**

[www.ohioquits.com](http://www.ohioquits.com)

Provides toll-free telephone counseling for those who want to quit smoking.

Enrolled clients may receive a supply of nicotine patches at a reduced cost.

## Children with Special Needs

**When children have special health, behavioral, or developmental problems, their parents sometimes need extra support. Ask your child's health care provider about organizations that may provide specialized care, support, information or assistance for your child's special needs.**

**Help Me Grow 216-736-4300**

[www.helpmegrow.org](http://www.helpmegrow.org)

Provides information, referral and home visits for families who have children up to age three with disabilities or developmental problems.

**211 First Call For Help 211 or 216-436-2000**

[www.211cleveland.org](http://www.211cleveland.org)

Offers referrals to community resources and services for children with specific medical or behavioral conditions.

**See also "Parenting Support."**

# Food and Shelter

## Food

WIC (Women, Infants & Children) 216-961-2233

[www.odh.ohio.gov/odhPrograms/ns/wicn/wic1.aspx](http://www.odh.ohio.gov/odhPrograms/ns/wicn/wic1.aspx)

Provides food vouchers, infant formula, nutrition education, counseling, support and health care referrals for low-income pregnant, postpartum and breastfeeding women and children up to age five.

**Ohio Direction Card (Food Stamps) 216-987-7000**

[employment.cuyahogacounty.us/en-US/Food-AssistanceProgram.aspx](http://employment.cuyahogacounty.us/en-US/Food-AssistanceProgram.aspx)

Provides funds to buy food with a debit type card to be used at grocery stores. Income restrictions apply.

## **Food Pantries & Hot Meals**

There are places that provide for free a few days supply of food or a hot meal. Call **211/First Call for Help at 211 or 216-436-2000** or go to [www.211cleveland.org](http://www.211cleveland.org) 24 hours, 7 days a week for a referral to a location nearest you.

## Shelter

For information and referrals to emergency shelter and housing programs phone **211/First Call For Help 24 hours, 7 days a week at 211 or 216-436-2000** or go to [www.211cleveland.org](http://www.211cleveland.org).

## Other Needs

Are you in need of things such as: new or used maternity or baby clothing, baby supplies, or infant car seats? There are agencies that may be able to provide these items at no cost or at a reduced rate. Phone **211/First Call For Help at 211 or 216-436-2000** or go to [www.211cleveland.org](http://www.211cleveland.org) 24 hours, 7 days a week for referrals to these agencies.

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# Health Care

If you have health insurance...

Your insurance company can give you information about covered services and a list of approved providers.

### **If you do not have health insurance**

Children and parents may be eligible for Medicaid coverage through the Cuyahoga County Employment & Family Services Healthy Start/Healthy Families program. Call the **Healthy Start Hotline at 216-987-7346** or go to [www.healthystart.cuyahogacounty.us](http://www.healthystart.cuyahogacounty.us) for more information and to find out whether you qualify.

There are community health clinics that provide primary medical care free of charge or for a fee that varies based on your income. Call **211/First Call For Help at 211 or 216-436-2000** or go to [www.211cleveland.org](http://www.211cleveland.org) 24 hours, 7 days a week for a referral to a clinic or office in your area.

## **Jobs and Money**

### **Employment**

**211/First Call for Help 211 or 216-436-2000.**  
[www.211cleveland.org](http://www.211cleveland.org)

Provides referrals to agencies that help with job search, job placement, employment counseling, writing a resume and other employment-related services.

### **Financial Assistance**

**Cuyahoga County Employment & Family Services 216-987-7000**  
[www.employment.cuyahogacounty.us](http://www.employment.cuyahogacounty.us)

**Ohio Works First (OWF):** Provides limited-time cash benefits and supportive services to low-income families.

**Consumer Credit Counseling Service of Northeastern Ohio 800-355-2227**

[www.cccservices.com](http://www.cccservices.com)

Offers education and solutions for people with financial problems. Helps with alternatives to bankruptcy.

**Consumer Protection Association 216-881-3434**

[www.consumerprotectionassociation.org](http://www.consumerprotectionassociation.org)

Services include payment arrangements for utility bills, budget counseling, consumer complaints, and representative payee program.

**Referrals to other Financial Assistance agencies:**

For referrals to more agencies that can help with mortgage foreclosure or other financial issues phone **211/First Call for Help** 24 hours, 7 days a week at **211** or **216-436-2000** or go to [www.211cleveland.org](http://www.211cleveland.org).

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## Legal Assistance

**Legal Aid Society 216-687-1900**

[www.lasclev.org](http://www.lasclev.org)

Provides free legal services to those with low income or no income.

**The Cleveland Metropolitan Bar Association (CMBA) Lawyer Referral Service**

**(216) 696-3532**

**1-877-CLEV-BAR (1-877-253-8227)**

[www.clemetrobar.org/Lawyer Referral Service/Lawyer Referral Service](http://www.clemetrobar.org/Lawyer_Referral_Service/Lawyer_Referral_Service)

Offers referrals to lawyers. There is no charge for referral information. First 30 minutes with referred attorney is free, but the lawyer will charge for service after first half-hour.

**Cuyahoga County Support Enforcement Agency**

**216-443-5100 (Main)**

**800-860-2555 (Automated balance/payment information)**

[www.csea.cuyahogacounty.us](http://www.csea.cuyahogacounty.us)

Information on court-ordered child and spousal support. Legally establishes paternity. Establishes, modifies, and enforces support orders in Cuyahoga County. To apply to change your child support, call your Child Support Enforcement Officer or contact a lawyer.

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# On-line Information and Support

These are a few of the many websites for parents. Almost all public libraries have **FREE** Internet access. Remember that on-line information should never replace the advice of a trained health professional.

[www.211cleveland.org](http://www.211cleveland.org) 211/First Call For Help  
Search this database for services or organizations in Cuyahoga, Geauga, and Medina Counties that might help you or your family.

[www.crpn.net](http://www.crpn.net) Cleveland Regional Perinatal Network  
“an educational resource center – working with providers to promote the physical and mental health of pregnant women, new mothers, and their babies”

[www.mededppd.org](http://www.mededppd.org) National Institute of Mental Health - MedEd  
Provides information and education about postpartum depression.

[www.zerotothree.org](http://www.zerotothree.org)  
Information for parents and professionals regarding infant and toddler health.

[www.postpartum.net](http://www.postpartum.net)  
Information, resources, and open phone forums for new moms.

[www.modimes.org](http://www.modimes.org) March of Dimes  
Provides information on pregnancy and newborn health.

[www.neofathering.net](http://www.neofathering.net) Healthy Fathering Collaborative –  
Parenting information for fathers and families in Northeast Ohio

[www.fatherhoodinitiative.cuyahogacounty.us](http://www.fatherhoodinitiative.cuyahogacounty.us) Cuyahoga County  
Fatherhood Initiative – Fathers Matter  
Information about services for fathers.

[www.kidshealth.org](http://www.kidshealth.org)  
Information on pregnancy and parenting; kids’ health, growth/development, nutrition and fitness.