

## A Mother's Guide Maternal Depression Care Providers



### **Have you...**

Blamed yourself unnecessarily when things went wrong?

Been anxious or worried for no good reason?

Felt scared or panicky for no very good reason?

Been unable to laugh or find enjoyment?

**If so, this directory may be helpful to you.**

**The Franklin County  
Maternal Depression Task Force  
Resource Directory**

The Maternal Depression Task Force is a collaborative effort among individuals from the health and social service fields.

Allied with Columbus Public Health, this resource list is for pregnant women and new mothers suffering from depression and/or other related disorders.

The directory is updated bi-annually.  
Additional copies and future editions  
are available online at  
[www.poemonline.org/tools.html](http://www.poemonline.org/tools.html)

Someone in need of urgent support or services should call a local emergency number, their physician or the 24-hour crisis line:

**614-221-5445**

**Teen Crisis line: 614-294-3300**

**[www.suicidepreventionservices.org](http://www.suicidepreventionservices.org)**

It is important to reach out and find the information you need to be safe. Call for yourself or for a loved one.

Being an expecting or new mom can be exciting and joyous. But, there are times it is difficult. All mothers occasionally feel down, worried or overwhelmed. But, for about 1 in 5 pregnant and new mothers, these unwanted feelings are part of a common illness called maternal depression.

The providers in this booklet are here to assist you if you may be experiencing maternal depression or a related mood/anxiety issue. Each listing contains information to help you determine if the provider may be able to aid you in coping with and recovering from your illness.

Below is a guide to help you understand the abbreviations in each listing.

**✓ = Yes    ---- = No/none**

**Services:**

This is a summary of the services offered by this provider.

**Special Training:**

The provider has indicated specialized training in addressing maternal depression or related disorders.

**Eligibility:**

The provider has certain requirements to be eligible for services.

**Wait Time:**

This indicates approximately how long it might take to schedule a first appointment.

**Interpreter:**

The agency provides interpreter services.

**Bus Line:**

The office is located on or near the bus line.

**Parking:**

Parking is free and/or available.

**Eve/Wknd:**

Some appointments are available in the evenings and/or weekends.

**Payment types:**

These are forms of payment that are accepted.

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are available to download and print at  
[www.poemonline.org/tools.html](http://www.poemonline.org/tools.html)*

## ***Finding a Helpful Counselor***

*Below are some questions helpful in identifying qualified providers. Remember to trust your instincts and keep reaching out until you find someone with whom you feel comfortable.*

- *What special training do you have in treating women like me?*
- *How long have you been helping women like me?*
- *Can you recommend any helpful readings (i.e. magazines, articles, books)?*
- *What can I expect if I choose to work with you?*

Adapted from *Beyond the Blues: A guide to understanding and treating prenatal and postpartum depression* By Shoshana Bennett & Pec Indman 2006

# Provider Listings

## **Arbor Counseling 614-766-0161**

2690 Billingsley Rd. Columbus, 43235 (main office)  
3 additional locations [www.arborcounseling.org](http://www.arborcounseling.org)

Services: Counseling	Interpreter: French
Special Training: ----	Bus Line: ----
Eligibility: Must have resources for payment	Parking: Free
Wait Time: 3-5 days	Eve/Wknd: ✓
Payment Types: Private Insurance, Payment Plans	

## **Sarah Auman, PCC, RN 614-299-0992**

1155 W. 3<sup>rd</sup> Ave. Grandview, 43212

Services: Counseling	Interpreter: ----
Special Training: ✓	Bus Line: ✓
Eligibility: ----	Parking: Free
Wait Time: 1-2 weeks	Eve/Wknd: ✓
Payment Types: OSU Insurance, Sliding Fee, Self Pay	

## **Anxiety & Behavioral Health Services 614-436-5030**

659 High St. Suite 202 Worthington, 43085 [www.abhs.com](http://www.abhs.com)

Services: Counseling	Interpreter: ----
Special Training: ✓	Bus Line: ✓
Eligibility: adults only	Parking: ✓
Wait Time: varies; typically 2 weeks	Eve/Wknd: ✓
Payment Types: Private Insurance, Self-pay	

## **Bethel Olentangy Psychological Services 614-451-6606**

4949 Olentangy River Rd. Columbus, 43214

Services: Counseling	Interpreter: Spanish
Special Training: ✓	Bus Line: ✓
Eligibility: ----	Parking: Free
Wait Time: 2 weeks	Eve/Wknd: ----
Payment Types: Private Insurance, Self Pay	

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**Buckeye Psychiatry, LLC 614-766-5205**

5060 Parkcenter Ave. Suite F Dublin, 43017

Services: Med. Mgmt., Psychiatric Assess., Counseling	Interpreter: ----
Special Training: ✓	Bus Line: ✓
Eligibility: ----	Parking: Free
Wait Time: 1-2 weeks	Eve/Wknd: ✓
Payment Types: Out-of-network benefits, Cash, Check, Credit Cards	

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**Catholic Social Services 614-221-5891****Maternal Counseling**197 E Gay St. Columbus, 43215 [www.colscss.org](http://www.colscss.org)

Services: Individual, Group and Family Counseling	Interpreter: ✓
Special Training: ✓	Bus Line: ✓
Eligibility: ----	Parking: Free & Pay
Wait Time: ----	Eve/Wknd: ✓
Payment Types: Medicaid, Sliding Scale Fee, Private Insurance	

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**Janet L. Clark, PhD 614-231-7255**

3449 E Livingston Ave. Columbus, 43227

Services: Counseling	Interpreter: ----
Special Training: ----	Bus Line: ✓
Eligibility: ----	Parking: Free
Wait Time: within a week	Eve/Wknd: ✓
Payment Types: Medicaid, Private Insurance, Self Pay	

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**Conscious Connections LLC 614-949-0082**466 N. Cassady Ave. Bexley, 43209 [www.carasusman.com](http://www.carasusman.com)

Services: Counseling	Interpreter: ----
Special Training: ✓	Bus Line: ✓
Eligibility: ----	Parking: Pay
Wait Time: 1-2 days, same day sometimes	Eve/Wknd: ✓
Payment Types: fee for service, sliding scale	

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**Jane E. Cottrell, PhD 614-267-0944**

4400 N. High St. Suite 407 Columbus, 43214

Services: Counseling	Eligibility: ----
Special Training: ----	Bus Line: ✓
Interpreter: French, Italian, German, Romanian	Parking: Free
Wait Time: varies, up to 1-2 weeks	Eve/Wknd: ✓
Payment Types: Medicaid, Sliding Scale, Private Insurance, Disability	

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**Ellen Kay Douglas, PhD 614-621-3673**

785 E Broad St. Columbus, 43205

Services: Counseling	Interpreter: ----
Special Training: ✓	Bus Line: ✓
Eligibility: must be able to do stairs	Parking: ✓
Wait Time: 1 week	Eve/Wknd: eve
Payment Types: Private Insurance, Other	

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**William Friday, PhD 614-501-8220**

5340 E. Main St. Suite 205 Columbus, 43213

Services: Counseling	Interpreter: ----
Special Training: ✓	Bus Line: ✓
Eligibility: ----	Parking: ✓
Wait Time: 24-72 hours	Eve/Wknd: ✓
Payment Types: Medicaid, Sliding Scale, Private Insurance, Other	

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**Earl Greer, PhD 614-253-5574**

1289 Livingston Ave. Columbus, 43205

Services: Counseling	Interpreter: ----
Special Training: ✓	Bus Line: ✓
Eligibility: must be independent adult	Parking: ✓
Wait Time: 2-3 weeks	Eve/Wknd: ----
Payment Types: Private Insurance, Molina, Caresource	

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**Carl Grody, LISW (614) 889-6422**

5060-B Bradenton Ave. Dublin, 43017

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

Services: Counseling	Interpreter: ----
Special Training: ----	Bus Line: ----
Eligibility: ----	Parking: Free
Wait Time: within same week	Eve/Wknd: ✓
Payment Types: Private insurance, self-pay, sliding fee scale if criteria met	

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**Heartland Wellness 614-245-0400**

68 N High St. Bldg A New Albany, 43054

[www.heartland-wellness.com](http://www.heartland-wellness.com)

Services: Counseling	Interpreter: ----
Special Training: ✓	Bus Line: ----
Eligibility: self-pay and out-of-network	Parking: ✓
Wait Time: 2-3 days	Eve/Wknd: ✓
Payment Types: credit card/cash/check	

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**Herb Hausman, PhD 614-481-0033**

1943 W. Fifth Ave. Columbus, 43212

Services: Counseling	Interpreter: ----
Special Training: ----	Bus Line: ✓
Eligibility: ----	Parking: ✓
Wait Time: varies, usually 3-7 days	Eve/Wknd: ✓
Payment Types: Sliding Scale Fee, Private Insurance	

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**Heidi S. Johnson, MD 614-842-9966**

659 High St. Suite 201 Worthington, 43085

Services: prescribe and manage medications, psychotherapy	Interpreter: ---
Special Training: ✓	Bus Line: ✓
Eligibility: Adults	Parking: ✓
Wait Time: 3-5 days	Eve/Wknd: ✓
Payment Types: Cash or Check	

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**Lighthouse Christian Services, Inc. 614-337-1986**2085 Mecca Rd. Columbus, 43224 [www.lighthousepathway.org](http://www.lighthousepathway.org)

Services: Counseling-Individual, Pastoral, Couple, Family, Children	Eligibility: ----
Special Training: ----	Bus Line: ✓
Wait Time: 3-5 days	Parking: ✓
Interpreter: ----	Eve/Wknd: ✓
Payment Types: Sliding Scale Fee, Private Insurance, Molina, Other	

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**Lowenstein & Associates 614-443-6155****Kim Boggs, MSW, LISW-S**

691 S Fifth St. Columbus, 43206

Services: Individual Counseling	Interpreter: ----
Special Training: ✓	Bus Line: ✓
Eligibility: ----	Parking: ✓
Wait Time: within 1 week	Eve/Wknd: ✓
Payment Types: Private Insurance	

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**Netcare Corp. 614-276-2273**199 S. Central Ave. Columbus, 43223 [www.netcareaccess.org](http://www.netcareaccess.org)

Services: Crisis Services only; Open 24 hrs.	Interpreter: ✓
Special Training: ----	Bus Line: ✓
Eligibility: ----	Parking: ✓
Wait Time: walk-in only, no appointments	Eve/Wknd: ✓
Payment Types: Other; ADAMH funded	

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**North Central Mental Health: Family Focus 614-227-6865**1301 N. High St. Columbus, 43201 [www.ncmhs.org](http://www.ncmhs.org)

Services: Individual, Family and Group Counseling	Interpreter: ✓
Special Training: ----	Bus Line: ✓
Eligibility: must be resident of Franklin Co.	Parking: ✓
Wait Time: varies, 1-2 weeks, pregnant clients have priority	Eve/Wknd: ✓
Payment Types: Medicaid, Sliding Scale Fee, Private Insurance	

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**Northwest Counseling Services 614-457-7876**

1560 Fishinger Rd. Columbus, 43221  
www.northwestcounselingservices.org

Services: Counseling	Interpreter: ----
Special Training: ✓	Bus Line: ✓
Eligibility: Must be resident of Franklin Co. for fee scale	Parking: ✓
Wait Time: varies; pregnant women, PTSD are priority	Eve/Wknd: ✓
Payment Types: Medicaid, Sliding Scale Fee, Private Insurance	

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**Optima Behavioral Health, Inc. 614-759-5075**

**Vikki Spohn, LISW**

81 Outerbelt St. Columbus, 43213

Services: Counseling, Medication Mgmt.	Special Training: ✓
Eligibility: Private Insurance or Medicare	Bus Line: ✓
Wait Time: 1-2 weeks	Parking: ✓
Interpreter: Upon request, with notice	Eve/Wknd: ----
Payment Types: Private Insurance	

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**POEM, Inc. 614-315-8989****Spanish: Línea de Apoyo 614-285-7636**

**(Perinatal Outreach & Encouragement for Moms)**

P.O. Box 20635 Columbus, 43220 www.poemonline.org

Services: Support Groups, Mentors, Resources	Eligibility: ----
Special Training: ✓	Bus Line: ✓
Wait Time: ----	Parking: ✓
Interpreter: Spanish; materials in multiple languages	Eve/Wknd: ✓
Payment Types: All support services are free	

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**Aimee Rhoden, MEd, LPC 614-832-2351**

5775 Perimeter Dr. Dublin, 43017 www.thewinchesterinstitute.com

Services: Counseling	Interpreter: ----
Special Training: ----	Bus Line: ----
Eligibility: ----	Parking: ✓
Wait Time: 5-7 days	Eve/Wknd: ✓
Payment Types: Private Insurance, Out-of-Network, Self Pay	

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**Suzanne Saul, PhD 614-844-6886**

355 E. Campus View Blvd. Suite 285 Columbus, 43235  
www.saulandsaul.com

Services: Counseling	Interpreter: Spanish
Special Training: ----	Bus Line: ----
Eligibility: Need to use out-of-network benefits	Parking: ✓
Wait Time: 3-5 days	Eve/Wknd: ✓
Payment Types: Private Insurance, PrimeCare	

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

450 W. Wilson Bridge Road Suite 350 Worthington, 43085

Services: Individual and Couples Counseling	Interpreter: ----
Special Training: ✓	Bus Line: ✓
Eligibility: ----	Parking: ✓
Wait Time: 2 weeks	Eve/Wknd: ✓
Payment Types: Sliding Scale, Private Insurance	

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

7644 Slate Ridge Blvd. Reynoldsburg, 43068

Services: Individual and Couples Counseling	Interpreter: ----
Special Training: ✓	Bus Line: ----
Eligibility: ----	Parking: ✓
Wait Time: within 2 weeks	Eve/Wknd: ✓
Payment Types: Checks, Credit Cards, Cash	

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**Julie Shuptrine, LISW 614-228-7275**

850 King Ave. Suite B Columbus, 43212

Services: Individual Counseling	Interpreter: ----
Special Training: ✓	Bus Line: ✓
Eligibility: ----	Parking: ✓
Wait Time: 1-2 weeks	Eve/Wknd: ✓
Payment Types: Private Insurance, Sliding Scale, Self-pay	

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## Associated Resources

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### The Sommer Group Counseling & Consulting 614-985-5500

Heidi Sommer McAlister, MEd, LPCC Annie Abraham, MEd, LPCC  
130 Northwoods Blvd. Columbus, 43235 [www.thesommergroup.com](http://www.thesommergroup.com)

Services: Individual and Group Counseling	Interpreter: ----
Special Training: ✓	Bus Line: ----
Eligibility: Private Insurance, out-of-network, self pay	Parking: ✓
Wait Time: 5-10 days	Eve/Wknd: ✓
Payment Types: cash/check/credit cards/HSA funds	

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### Stoneburner and Associates, LLC 614-457-8359

Steve Martin, LISW Megan Mottet, MS, PCC

1910 Crown Park Court Columbus, 43235

Services: Counseling	Interpreter: ----
Special Training: ✓	Bus Line: ✓
Eligibility: ----	Parking: ✓
Wait Time: 2-3 days	Eve/Wknd: ✓
Payment Types: Private Insurance	

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

3545 Olentangy River Road Suite 214 Columbus, Ohio 43214

Services: Individual and Group Counseling	Interpreter: ----
Special Training: ----	Bus Line: ✓
Eligibility: ----	Parking: Pay
Wait Time: 1-2 weeks	Eve/Wknd: ✓
Payment Types: Private Insurance, Out-of-pocket	

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### WellSpring 614-538-0353

1115 Bethel Rd., 1<sup>st</sup> Floor Columbus, 43220 (main office)

23 satellite offices [www.wellspringcolumbus.org](http://www.wellspringcolumbus.org)

Services: Individual and Group Counseling	Interpreter: ----
Special Training: ----	Bus Line: ✓
Eligibility: ----	Parking: ✓
Wait Time: 3-5 days	Eve/Wknd: ✓
Payment Types: Scholarship Fees, Private Insurance, Other	

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### Action for Children 614-224-0222

*Child care and early learning services*

78 Jefferson Ave. Columbus, 43215 [www.actionforchildren.org](http://www.actionforchildren.org)

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### C.H.O.I.C.E.S 614-224-4663

*Domestic Violence*

P.O. Box 06157 Columbus, 43206 [www.choicesdvcols.org](http://www.choicesdvcols.org)

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### Compassionate Friend 614-882-8986

*Support group for parents who have lost children of any age*

Ohio Chapter

Meet in various parts of Central Ohio

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### Directions for Youth & Families 614-294-2661

*Counseling and Parenting Programs for Teens*

1515 Indianola Ave. Columbus, 43201 (Main) – 5 locations

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

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### Mental Health America 614-221-1441

*Ombudsman program, online directory, pro-bono counseling*

538 E. Town St. Suite D Columbus, 43215

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

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### OTIS Pregnancy 877-311-8972

*Questions about medication and exposures in pregnancy or breastfeeding*

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

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### Mt. Carmel Pregnancy and Infant Loss 614-234-5999

*Ongoing Support Group and Series*

Call for registration or more information

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### Single Parent Link

*Resources for single parents*

614-558-3302

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

Healthy Start *Caring for 2* Project Director

Grace Kolliesuah, MSW, LSW  
Columbus Public Health  
240 Parsons Ave. Columbus OH 43215  
[gmkolliesuah@columbus.gov](mailto:gmkolliesuah@columbus.gov)  
(614)645-1697

Franklin County Maternal Depression Task Force Co-Chairs

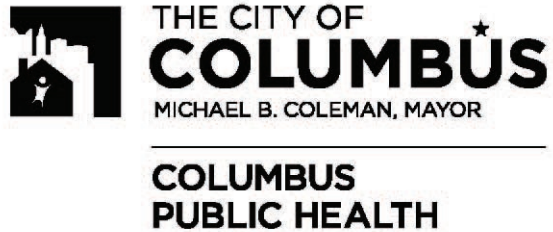
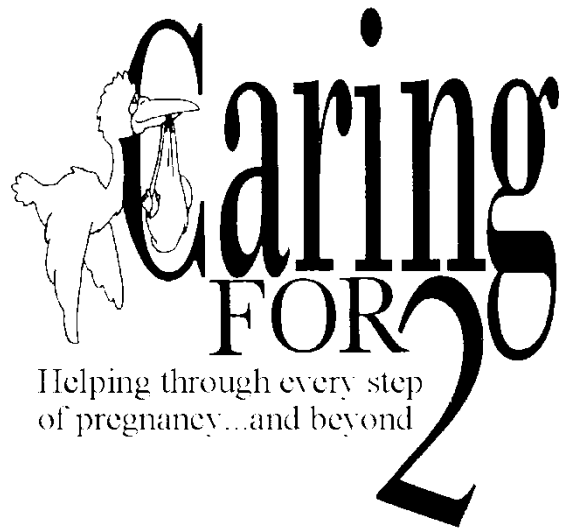
Karen Gray-Medina, MS, CHES  
Public Health Program Manager  
Division of Maternal and Child Health  
Columbus Public Health  
[kareng@columbus.gov](mailto:kareng@columbus.gov)  
(614)645-2134

Tonya Fulwider  
POEM, Inc.  
Executive Director  
Coordinator, Postpartum Support International  
[tonya@poemonline.org](mailto:tonya@poemonline.org)  
(614)315-8989

**Franklin County Maternal Depression  
Task Force Members**

Catholic Social Services  
Columbus Neighborhood Health Centers  
Columbus Public Health  
Council on Healthy Mothers & Babies  
Denison University  
Dublin Counseling Center  
Franklin County Job & Family Services  
Mental Health America of Franklin County  
Mount Carmel Health System  
Nationwide Children's Hospital  
Northwest Counseling Services  
Ohio Department of Health  
OhioHealth  
Ohio Job & Family Services  
Ohio State University  
OSU Medical Center  
POEM, Inc.





**COLUMBUS  
PUBLIC HEALTH**

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