

We are a group of moms like you. We had thoughts that scared and shamed us. We blamed ourselves. We doubted ourselves. We felt weighed down by all the “shoulds” of motherhood. We are moms who have suffered with mood disorders during pregnancy or postpartum so we understand like no one else can.

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 #1 complication of childbirth. We have one passionate purpose: to give any woman who needs it easy access to unconditional mom-to-mom support.

Together we can blow up motherhood “myths”. There is no one standard. No right way to be a mother. We’re not here to judge. We’re here to listen. To problem solve. To help you see hope. We’re here to support you in finding whatever path feels right for you.

You are not alone.  
You have us.

I am not alone.

I am not to blame.

With help I will be well.

Together, I can.

## *perinatal outreach & encouragement*

# p (for moms) e m

Poem is the Ohio affiliate of Postpartum Support International (PSI), the leading authority on maternity-related mood disorders. Our services are free of charge and include:

Mom-to-mom support over the phone, by email, or in groups with a casual, open-session format

Unbiased, central source of information and support

Access to medical and therapeutic resources

Solution-focused information and resources

Poem is a place to feel welcome, safe and free from guilt.

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

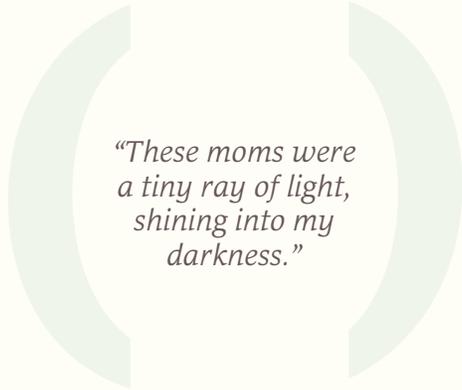
Please call us at (614) 315-8989

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

We felt  
that way,  
too.



*You are  
not alone.*



*“These moms were  
a tiny ray of light,  
shining into my  
darkness.”*



*Think a  
mother never  
feels the way  
you do?*

*perinatal outreach  
& encouragement*

**p**(*for  
moms*)**e**m

Central Ohio: 614.315.8989

Cleveland: 216.373.0302

Northwest: 419.360.0169

Youngstown: 330.207.1385

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

Ohio Coordinator, Postpartum Support International