



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.

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

1-800-273-TALK (8255)

Teen Crisis line: 614-294-3300

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 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** NI = **Not Indicated**

Services:

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

Special Training:

The provider has 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.

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 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. 3rd Ave. Grandview, 43212

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

Catholic Social Services 614-221-5891
Maternal Counseling – Meredith Adams/Kim Boggs
197 E Gay St. Columbus, 43215
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	

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	

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: 1-2 weeks	Eve/Wknd: ✓
Payment Types: Medicaid (no HMO), Sliding Scale, Private Insurance, Disability	

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	

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	

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: 7-10 days	Eve/Wknd: ----
Payment Types: Private Insurance, Molina, Caresource	

Herb Hausman, PhD 614-481-0033

1943 W. Fifth Ave. Columbus, 43213

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	

Heidi S. Johnson, MD 614-842-9966

659 High St. Suite 201 Worthington, 43085

Services: Counseling, Medication Management	Interpreter: ---
Special Training: ✓	Bus Line: ✓
Eligibility: Fee for service, Out-of-network provider	Parking: ✓
Wait Time: 7-10 days	Eve/Wknd: ✓
Payment Types: Private Insurance	

Lighthouse Christian Services, Inc. 614-337-1986

2085 Mecca Rd. Columbus, 43224 www.lighthousepathway.org

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

Beth McCreary, PhD 614-436-5030

659 High St. Suite 202 Worthington, 43085 www.abhs.com

Services: Counseling	Interpreter: ----
Special Training: ✓	Bus Line: ✓
Eligibility: adults only	Parking: ✓
Wait Time: varies; 2-3 months average	Eve/Wknd: ✓
Payment Types: Private Insurance, Self-pay	

Netcare Corp. 614-276-2273

199 S. Central Ave. Columbus, 43223 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	

North Central Mental Health: Family Focus 614-227-6865

40 Spruce St. Columbus, 43215 www.ncmhs.org

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

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	

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	

P.O.E.M. 614-315-8989

(Perinatal Outreach & Encouragement for Moms)

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

Services: Online & Peer Support Groups, Mentors, Referrals Directory of parent-related resources	Eligibility: ----
Special Training: ✓	Bus Line: ✓
Wait Time: ----	Parking: ✓
Interpreter: Materials in multiple languages	Eve/Wknd: ✓
Payment Types: All services are free	

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	

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	

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	

The Sommer Group Counseling & Consulting 614-985-5500

Heidi Sommer McAlister, MEd, LPCC Katie Kovacs, MEd, LPC

130 Northwoods Blvd. Columbus, 43235 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	

Stoneburner and Associates, LLC 614-457-8359

Steve Martin, LISW

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	

Nancy Walker, 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	

WellSpring 614-538-0353

1115 Bethel Rd., 1st Floor Columbus, 43220 (main office)

23 satellite offices 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	

Wilbridge Counseling 614-885-2411 x2221

Maggie Hallett, MA, Ed.S., LPC

885 High St. Ste 106 Worthington, 43085 www.wilbridgecounseling.com

Services: Individual and Group Counseling	Interpreter: ----
Special Training: ✓	Bus Line: ✓
Eligibility: ----	Parking: ✓
Wait Time: ----	Eve/Wknd: ✓
Payment Types: Self-pay; Sliding Scale Fee	

Associated Resources

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

Domestic Violence

P.O. Box 06157 Columbus, OH 43206 www.choicesdvcols.org

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

Directions for Youth & Families 614-294-2661

Counseling and Parenting Programs for Teens

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

Mental Health America 614-221-1441

Ombudsman program, online directory

538 E. Town St. Suite D Columbus, 43215
www.mhafc.org

Mt. Carmel Hospice 614-234-0200

Bereavement Counseling

1144 Dublin Road Columbus, 43215

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

Ongoing Support Group and Series

Call for registration or more information

Parents without Partners

Support programs for single parents

East Location 614-470-1334

North Location 614-462-7025

Healthy Start *Caring for 2* Project Director

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Columbus Public Health
240 Parsons Ave. Columbus OH 43215
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(614)645-1697

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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

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.



Caring FOR 2

Helping through every step
of pregnancy...and beyond



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