

We are a group of moms like you. We've had thoughts that scared and shamed us. We've blamed and doubted ourselves. We understand emotional issues during pregnancy and motherhood like no one else can. Because we've been there.

We help moms like you, who are experiencing the #1 complication of pregnancy. Together we can dispell the motherhood "myths." There is no right way to be a mom. We're not here to judge. We're here to listen. To help you see hope.

POEM is an unbiased, central source of information and support. It's a place to feel welcome, safe and free from guilt. It's okay to reach out for help. We're here to support you in finding whatever path feels right for you.

**You are not alone.  
You have us.**

*perinatal outreach  
& encouragement*

**poem**  
*for  
moms*  
A Program of Mental Health America of Franklin County

**I am not alone.**

**I am not to blame.**

**With help I will be well.**

**Together, I can.**

POEM is a program of Mental Health America of Franklin County and the Ohio affiliate of Postpartum Support International, the leading authority on pregnancy and postpartum mental health.

Our services are free of charge and include:

- In-person and online support groups
- A phone support line with a 24-hour response window
- A mom-to-mom mentor program
- Referrals to specialized counselors and other providers

If you're having thoughts similar to the ones listed below, contact POEM:

*I can't think straight.*

*I can't stop crying.*

*I feel empty, numb.*

*I worry all the time.*

*I get so irritated or  
angry with everyone,  
especially myself.*

*I can't sleep.*

*My baby deserves  
better than me.*

*I'm so ashamed.*

*I can't relax.*

*I want to run away.*

*I've lost the "old me."*

*I'm in a fog all the time.*

*I'm confused and scared.*

*This guilt is overwhelming.*

*I'm having very scary thoughts.*

*I should be able to snap out of  
this.*

*Everyone else is a better mom  
than me.*

*No one understands.*

Call our support line: 614-315-8989.  
See our video: [poemonline.org](http://poemonline.org).

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*You are  
not alone.*

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

*Think  
mothers never  
feel the way  
you do?*



For more information visit [poemonline.org](http://poemonline.org),  
call 614-221-1441 or find us on Facebook  
at [POEM.moms](http://POEM.moms).



We felt that way, too.