

The Franklin County Maternal Mental Health Directory

In the last seven days, 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.

Questions adapted from: Cox, J.L., Holden, J.M., and Sagovsky, R. 1987. Detections of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. *British Journal of Psychiatry* 150:782-786

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

Netcare Access: 614-276-2273
www.netcareaccess.org

Suicide Prevention Hotline: 614-221-5445
Teen Crisis line: 614-294-3300
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. For about one in five pregnant and new mothers, these unwanted feelings are part of a common group of illnesses known as 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 an interpreter or multilingual 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.

***Additional copies of this directory
are available to download and print at
www.mhafc.org***

Finding a Helpful Counselor

Below are some questions that are 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 (e.g., magazines, articles, books)?*
- *What can I expect if I choose to work with you?*

The providers listed in this directory were selected based on their experience, special training, or availability in treating pregnant or new moms. No listings represent an endorsement or recommendation.

*Adapted from *Beyond the Blues: A guide to understanding and treating prenatal and postpartum depression.* Bennett & Indman 2015

For questions regarding any listing or other pregnancy and postpartum support resources, contact the Perinatal Outreach & Encouragement for Moms (POEM) Program Support Line: 614-315-8989

Provider Listings

Alfa Counseling & Consultation 614-547-9233

1115 Bethel Rd. #203 Columbus, 43220 alfacounseling.com

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

Arbor Counseling 614-766-0161

2690 Billingsley Rd. Columbus, 43235 (main office)

2 additional locations arborcounseling.org

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

Sara Auman, PCC, RN 614-299-0992

1155 W. 3rd 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 Scale, 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: 1-2 weeks	Eve/Wknd: ✓
Payment Types: Private Insurance, Self-Pay	

Kimberly Boggs, LISW-S 614-664-7746

77 E. Wilson Bridge Rd. Suite 206B Worthington, 43085

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

Buckeye Psychiatry 614-766-5205

5060 Parkcenter Ave. Suite F Dublin, 43017 buckeyepsych.com

Services: Medication Management, Counseling	Interpreter: ----
Special Training: ✓	Bus Line: ✓
Eligibility: ----	Parking: Free
Wait Time: varies; 2 weeks	Eve/Wknd: ✓
Payment Types: Out-of-network, Self-Pay	

Julie M. Canfield, PsyD 614-578-0718

7650 Rivers Edge Dr. #140 Columbus, 43235 drjuliecanfield.com

Services: Counseling	Interpreter: ----
Special Training: ✓	Bus Line: ✓
Eligibility: ----	Parking: Free
Wait Time: 1 week	Eve/Wknd: ✓
Payment Types: Private Insurance, Sliding-Fee Scale	

Catholic Social Services 614-857-1218

Maternal Counseling

197 E Gay St. Columbus, 43215 colscss.org

Services: Counseling	Interpreter: ----
Special Training: ✓	Bus Line: ✓
Eligibility: ----	Parking: Free & Pay
Wait Time: varies; 2 weeks	Eve/Wknd: ✓
Payment Types: Medicaid, Private Insurance, Sliding-Fee Scale	

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, Private Insurance, Sliding-Fee Scale, Self-Pay	

Diane Delk Counseling 614-227-0181

691 N. High St., Suite 301 Columbus, 43215 delkcounseling.com

Services: Counseling	Interpreter: ----
Special Training: ✓	Bus Line: ✓
Eligibility: ----	Parking: ✓
Wait Time: within same week, online scheduling available	Eve/Wknd: ✓
Payment Types: Medicaid, Private Insurance, Sliding-Fee Scale	

Ellen Kay Douglas, PhD 614-621-3673

785 E. Broad St. Columbus, 43205

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

Dawn Friedman, MEd, LPC-CR 614-301-8030

6660 N. High St. Suite 1A Worthington, 43085

buildingfamilycounseling.com

Services: Counseling, Parenting Classes	Interpreter: ----
Special Training: ✓	Bus Line: ✓
Eligibility: Adults & Children	Parking: Free
Wait Time: 2-3 days	Eve/Wknd: ✓
Payment Types: Self-Pay, Sliding-Fee Scale	

Earl Greer, PhD 614-253-5574

1289 Livingston Ave. Columbus, 43205

Services: Counseling	Interpreter: ----
Special Training: ✓	Bus Line: ✓
Eligibility: ----	Parking: ✓
Wait Time: 5 days	Eve/Wknd: ----
Payment Types: Private Insurance, Molina, Caresource	

Therese M. Grieco, MA, LPC 614-459-3003 x704

1115 Bethel Rd., Columbus, 43220 cornerstonefamilyservices.org

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

Carl Grody, LISW-S 614-477-5565

808 High St. Worthington, 43085 grodyfamilycounseling.com

Services: Counseling	Interpreter: ----
Special Training: ----	Bus Line: ✓
Eligibility: ----	Parking: Free
Wait Time: varies; within same week	Eve/Wknd: ✓
Payment Types: Self-Pay, Sliding-Fee Scale	

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: Private Insurance, Sliding-Fee Scale	

Heidi S. Johnson, MD 614-842-9966

659 High St. Suite 201 Worthington, 43085

Services: Medication Management, Counseling	Interpreter: ---
Special Training: ✓	Bus Line: ✓
Eligibility: ---	Parking: ✓
Wait Time: 1-3 days, as clinically indicated	Eve/Wknd: ✓
Payment Types: Cash, Check, HSA, Credit Card, Debit Cards	

Lighthouse Christian Services, Inc. 614-337-1986

2085 Mecca Rd. Columbus, 43224 lighthousepathway.org

Services: Counseling	Interpreter: ----
Special Training: ----	Bus Line: ✓
Eligibility: ----	Parking: ✓
Wait Time: varies; 1-3 days	Eve/Wknd: ✓
Payment Types: Private Insurance, Sliding-Fee Scale, Medicaid	

Erin McHam, PCC 614-481-6780

1890 Northwest Blvd. #330 Columbus, 43212 erinmcham.com

Services: Counseling	Interpreter: ----
Special Training: ✓	Bus Line: ✓
Eligibility: ----	Parking: Free
Wait Time: 1 week	Eve/Wknd: ✓
Payment Types: Cash, Check, Credit Card	

Nemeth Counseling & Consultation 614-849-8204

5123 Norwich St. Hilliard, 43026 nemethcounseling.com

Services: Counseling	Interpreter: ✓
Special Training: ----	Bus Line: ✓
Eligibility: ----	Parking: ✓
Wait Time: varies; 1 week	Eve/Wknd: ✓
Payment Types: Medicaid, Private Insurance	

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

1301 N. High St. Columbus, 43201 ncmhs.org

Services: Counseling & Medication Mgmt.	Interpreter: ✓
Special Training: ----	Bus Line: ✓
Eligibility: must be Franklin Co. resident for Sliding Fee	Parking: ✓
Wait Time: 5-10 days, pregnant clients have priority	Eve/Wknd: ✓
Payment Types: Medicaid, Private Insurance, Sliding-Fee Scale	

OhioGuidestone 888-522-9174

195 N. Grant Ave. Suite 250 Columbus, 43215 ohioguidestone.org

Services: Counseling	Interpreter: ✓
Special Training: ✓	Bus Line: ✓
Eligibility: must have a form of Medicaid insurance	Parking: ✓
Wait Time: varies; 2 weeks	Eve/Wknd: ✓
Payment Types: Medicaid, Medical Mutual	

Optima Behavioral Health, Inc. 614-759-5075

Vikki Spohn, LISW

81 Outerbelt St. Columbus, 43213

Services: Counseling, Medication Mgmt.	Special Training: ✓
Eligibility: ---	Bus Line: ✓
Wait Time: varies; 2-3 weeks	Parking: ✓
Interpreter: Upon request, with notice	Eve/Wknd: ----
Payment Types: Private Insurance	

POEM 614-315-8989

(Perinatal Outreach & Encouragement for Moms)

Spanish Línea de Apoyo 614-285-7636

2323 W. Fifth Ave. Suite 160 Columbus, 43204 mhafc.org

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

Aimee Rhoden, MEd, LPC 614-832-2351

216 Bradenton Ave. Suite A Dublin, 43017

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

Suzanne Saul, PhD 614-844-6886

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

Services: Counseling	Interpreter: Spanish
Special Training: ----	Bus Line: ----
Eligibility: ----	Parking: ✓
Wait Time: 3-5 days	Eve/Wknd: ✓
Payment Types: Private Insurance, Self-Pay	

Jennifer R. Schantz, PhD 614-361-0503

450 W. Wilson Bridge Rd. Suite 350 Worthington, 43085

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

Seasons Life Coaching & Counseling 614-787-8218

110 N. High St. Suite 211-13 Gahanna, 43230 seasonscoaching-counseling.com

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

Julie Shuptrine, LISW 614-228-7275

850 King Ave. Suite B Columbus, 43212

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

The Sommer Group Counseling & Consulting 614-985-5500

Heidi Sommer McAlister, MSEd, LPCC Annie Abraham, MEd, LPCC

94 Northwoods Blvd. Columbus, 43235 thesommergroup.com

Services: Counseling	Interpreter: ----
Special Training: ✓	Bus Line: ----
Eligibility: ----	Parking: Free
Wait Time: 2-7 days	Eve/Wknd: ✓
Payment Types: Non-network insurance, cash/check/credit/HSA/FSA funds	

Stoneburner and Associates, LLC 614-505-6977

Steve G. Martin, LISW

5655 N. High St. Worthington, 43085 stoneburnerassoc.com

Services: Counseling	Interpreter: ----
Special Training: ✓	Bus Line: ✓
Eligibility: ----	Parking: ✓
Wait Time: varies; 2-4 days	Eve/Wknd: ✓
Payment Types: Private Insurance	

Syntero - Dublin Counseling Center 614-889-5722

299 Cramer Creek Ct. Dublin, 43017 syntero.org

Services: Counseling & Medication Mgmt.	Eligibility: ----
Special Training: ✓	Bus Line: ✓
Interpreter: clinicians who speak Spanish, Arabic, French	Parking: Free
Wait Time: varies; 2 weeks	Eve/Wknd: ✓
Payment Types: Medicaid, Private Insurance, Sliding-Fee Scale	

Syntero - Northwest Counseling Services 614-889-5722

1560 Fishinger Rd. Columbus, 43221 syntero.org

Services: Counseling & Medication Mgmt.	Eligibility: ----
Special Training: ✓	Bus Line: ✓
Interpreter: clinicians who speak Spanish, Arabic, French	Parking: Free
Wait Time: varies; 2 weeks	Eve/Wknd: ✓
Payment Types: Medicaid, Private Insurance, Sliding-Fee Scale	

Tapestry Counseling & Associates 614-505-7561 x212

Amanda Pentzer, MSW, LISW

6797 N. High St. #244 Worthington, 43085 tapestrycounselingassociates.com

Services: Counseling	Interpreter: ----
Special Training: ✓	Bus Line: ✓
Eligibility: ----	Parking: ✓
Wait Time: 4-6 business days	Eve/Wknd: ✓
Payment Types: Private Insurance, Sliding-Fee Scale	

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

3545 Olentangy River Rd. Suite 214 Columbus, 43214

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

Wellness Now Group 614-285-6204

Jessica Starr, LPC

5900 N. High St. Worthington, 43085 experiencewellnessnow.org

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

Stephanie Wells, MS, PCC 614-537-6628

3400 N. High St. Suite 120 Columbus, 43202

Services: Counseling	Interpreter: ----
Special Training: ✓	Bus Line: ✓
Eligibility: ----	Parking: ✓
Wait Time: 1 week	Eve/Wknd: ✓
Payment Types: Private Insurance, Self-Pay, Medicaid	

WellSpring Counseling 614-538-0353

1335 Dublin Rd. Suite 208D Columbus, 43215 wellspringcolumbus.org

Services: Counseling	Interpreter: ----
Special Training: ✓	Bus Line: ✓
Eligibility: ----	Parking: ✓
Wait Time: 3-5 days	Eve/Wknd: ✓
Payment Types: Private Insurance, Self-Pay, Other	

Women's Behavioral Health 614-293-9600 at OSU Harding Wexner Medical Center

1670 Upham Dr. Columbus, 43210 wexnermedical.osu.edu

Services: Counseling & Medication Mgmt.	Interpreter: ✓
Special Training: ✓	Bus Line: ✓
Eligibility: ----	Parking: Pay
Wait Time: varies; 2-4 weeks	Eve/Wknd: ----
Payment Types: Medicaid, Private Insurance	

This Directory was developed by Mental Health America of Franklin County and partially funded under the Health Resources and Services Administration, Maternal and Child Health Bureau grant #H49MC00028.



THE CITY OF
COLUMBUS

COLUMBUS
PUBLIC HEALTH

**My
Baby & Me**

Strong Starts for
Families & Babies

Columbus Public Health
Home Visiting for Pregnant Women, Mothers & Babies

Call: 614-645-8323

Email: health@columbus.gov

Provides free in-home care, education and support for a healthy pregnancy, mother and baby

Services Include:

- Pregnancy testing
- Home visits during pregnancy and after the baby is born
- Guidance and caring support in solving problems
- Help with getting a prenatal care provider and primary medical provider
- Help with obtaining insurance through Medicaid or the marketplace as appropriate
- Help with obtaining social services and other assistance as needed
- Education on pregnancy, infant health, child development and parenting



THE CITY OF
COLUMBUS

**COLUMBUS
PUBLIC HEALTH**

**My
Baby & Me**

**Strong Starts for
Families & Babies**

**POEM Program of Mental Health America of Franklin County
Peer Support for Pregnant Women and New Mothers**

Call: 614-315-8989

Website: mhafc.org

Provides free comprehensive, peer-based support for women at risk for, or experiencing, pregnancy and postpartum depression, related disorders, or adjustment challenges

Services 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 clinicians and other providers
-

*perinatal outreach
& encouragement*

p()em
*for
moms*

A Program of Mental Health America of Franklin County

Mental Health America of Franklin County

Call: 614-221-1441

Website: mhafc.org

MHAFc supports our community by guiding people in need of mental health services to the appropriate providers as well as providing services that may not otherwise be accessible. We work with individuals and their families through each step on their paths to wellness, from making initial referrals, to providing free mental health services, to helping maintain stability and productivity once it is achieved.

Services include:

- Information about mental health issues
- Referrals to appropriate services
- Free counseling for uninsured/underinsured
- A maternal mental health program
- Support groups
- Mental health screenings
- Educational programs for professionals
- Workplace and community-based programs
- Advocacy and legislative efforts

