

the time; if you know something needs to change, but you don't know what or how; if you are having scary thoughts or feeling unusually unhappy or low, we can help you to begin the journey of hope and wellness.

HOW CAN WE HELP?

We feel that everybody - moms, dads and partners should have somebody they can talk to, and sometimes it can be difficult to bring up personal topics with friends or family. Through our CGH OB Support Group and/or 1-on-1 counseling at no charge to you, we work closely with you and your provider to help with the following issues:



- Social
- Environmental

Julie Kirchhoff, BA, MHP Sinnissippi Centers Counselor



Depression and Anxiety

Getting help for childbirth-related depression and anxiety in the early stages can help you get the care you need to protect yourself and your infant.

Feeling overwhelmed and need more support?

online, including resources for medical insurance,

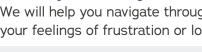
food benefits, education, transportation, and more.

We will help connect you to the many different

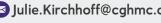
support systems within our community and



Infertility, Miscarriage and Loss We will help you navigate through your feelings of frustration or loss.









Don't Be Afraid to Ask for Help!

You are not alone! Talk to your healthcare provider or

call us directly! We can help find the resources you need to help take care of yourself, your baby and your family.