



You are not alone!

We're here to offer help and support for moms, dads, partners and/or family support persons

FREE!

CGH Ways to Wellness

OB COUNSELING PRENATAL & POSTPARTUM

Pregnancy is an exciting and sometimes challenging journey. But, if you are a new or pregnant mom struggling to cope; feeling overwhelmed; worrying all 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:

- Medical Emotional Social Environmental

Julie Kirchhoff, BA, MHP Sinnissippi Centers Counselor



(815) 677-8342 Julie.Kirchhoff@cghmc.com www.cghmc.com/OBwellness

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.



Feeling overwhelmed and need more support?

We will help connect you to the many different support systems within our community and online, including resources for medical insurance, food benefits, education, transportation, and more.



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.



Infertility, Miscarriage and Loss

We will help you navigate through your feelings of frustration or loss.



For more info and a patient testimonial