

rage

stressed-out

angry

worried

isolated

am I a bad mother?

chaos

irritable

can't sleep

silent

sad

scared

no help

substance use

self-neglect

apathetic

anxious

scary, unwanted thoughts

alone

sleep too much

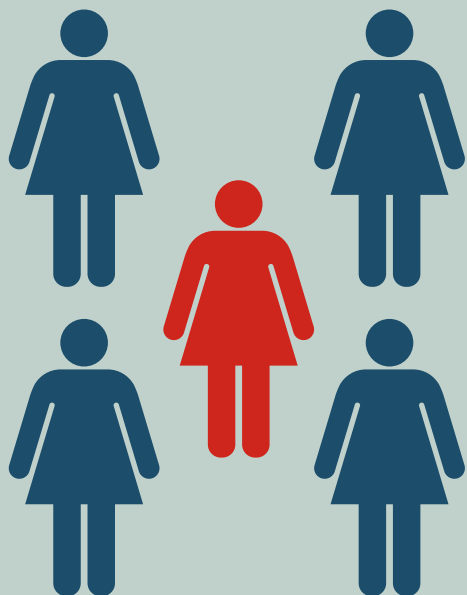
overwhelmed



Take a quick survey about this flyer



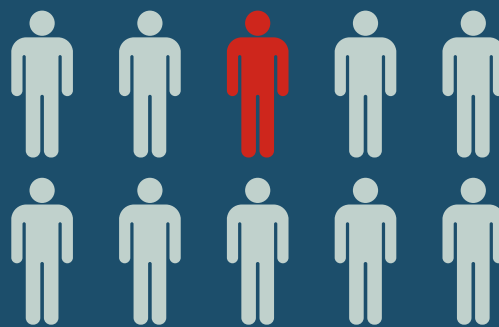
Most common complication of pregnancy



1 in 5

will experience pregnancy-related mood disorder

Postpartum depression affects more than moms -



1 in 10 dads affected

Call 211 or turn over for resources



How can I recognize that I may need more support?

<ul style="list-style-type: none"> ➤ Isolating yourself ➤ Not doing things you used to enjoy ➤ Adjusting to a new family structure 	<ul style="list-style-type: none"> ➤ Irritated ➤ Using substances ➤ Sleep issues ➤ Feeling stressed-out 	<ul style="list-style-type: none"> ➤ Problems with self-care & grooming ➤ Overwhelmed with household chores ➤ Financial stress 	<ul style="list-style-type: none"> ➤ Kids seem out of control ➤ Couple communications is not as good ➤ Rage
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All parents need support sometimes. We support each other in a variety of ways.

Local Support for parents of young children

- **Dial 211** - A trained volunteer can help you find the help you need, e.g., parent support, someone to talk to, finding a doctor, help paying utility bills, and more.
- **Surviving to Thriving: A Peer-led, Mom-to-Mom Support Group (815) 310-0637** - If you are pregnant/had a baby in the past year and feel sad, anxious, hopeless... we understand. s2tmoms@gmail.com
- **Home Visiting - Coordinated Intake (309) 827-0374** - We pair families with a home-visitor based on each family's needs. Home visitors share tools and info to help children get the best start in life.
- **Parents Care + Share Support Groups - Children's Home + Aid (309) 834-5240** - Support groups available: Young Moms, Latina Moms, Pregnant Women, Stressed-out Parents, more...
- **Your Faith Community** - May have support groups, counseling, and social support. Call your faith community leader for more information.
- **Parent Resource Guide** - This guide can be printed. It contains the phone numbers of community organizations that may be helpful for your family.

Where to turn in a crisis

- **Dial 911 for an emergency. Dial 211 for non-emergency help**
- **Crisis Nursery - Children's Home + Aid (309) 834-5260** - Serving children birth to six years by offering short-term, 24-hr care in a crisis/near-crisis. Services are free.
- **Countering Domestic Violence 24-hour hotline (309) 827-7070** - We empower McLean County residents with domestic violence education and support. CDV operates a safe shelter for parents and children leaving domestic violence.

National Crisis Organizations

- **National Suicide Prevention Lifeline (800) 273-8255** - Provides 24/7, free, and confidential help and resources for people in distress. Their website has a Chat Line as well.
- **Crisis Text Line 741 741** - Text CONNECT to 741-741 from anywhere in the USA, anytime, about any crisis.
- **National Helpline (800) 662-HELP (4357)** - Free, confidential, 24/7 treatment, referral, and information service (in English and Spanish) for people/families facing mental and/or substance use disorders.

Mental Health Services

- Please contact your insurance carrier for mental health & behavioral health services covered by your insurance.

Non-Profit Mental Health Services

- **McLean County Center for Human Services (309) 827-5351** - Professional staff can treat most mental and behavioral health problems for children and adults. Call or come into our office at 108 W Market St, Bloomington, IL (no appointment necessary)
- **Chestnut Health Systems (309) 827-6026** - Depression, anxiety, frustration, and stress take a toll on your health and happiness. Same day appointments are often available. See our website for fact sheets on mental and behavioral health issues.
- **INtegrity Counseling (309) 827-9100** - We offer a place to address perinatal mood disorders and other issues in your family or neighborhood at rates all Bloomington-Normal residents can afford. Sliding fee options available and, sometimes, free.
- **Center for Youth and Family Solutions (309) 829-6307** - Our therapists help with marital, family, mental health, and child/adolescent issues. Services are available outside of 9-5 office hours. Sliding fee available; no one is denied service due to financial limitations.

Websites for support

- **Post-partum.net** - You are not alone and are not to blame. Help is available. You will get better.
- **National Parent Helpline® (855) 427-2736** - Being a parent is an important job. Call the National Parent Helpline® to get emotional support and become a stronger parent.
- **The Bloom Foundation** - We work to make a world where every mom has access to a new standard of care for maternal mental health and wellness.
- **Just 4 Dads** - Being a dad is not always easy; you learn as you go. We can help with child development, behavior issues, cooking tips, cleaning tips, and Dad support groups.
- **Fussy Baby Network (888) 431-2229** - Wiped out? Stressed? Unsure about how your baby is crying, sleeping, or feeding? For extra support, call us. fussybaby@erikson.edu