

Free Specialized Programs for Pregnant and Parenting Women

*perinatal outreach
& encouragement*



Mentor Program

POEM offers a free one-on-one support option through the mentor program. You are paired with a POEM Volunteer Mentor. Your mentor is a mom who has knowledge of and/or personal experience with a perinatal mental health complication. She will contact you to set up a time to talk. The communication method is set up between you and your mentor such as phone, text, or email. Typically you will talk with your mentor once/week. She is someone to confide in who understands how you are feeling and what you are going through.

Professional Referral Network

POEM has an extensive specialized referral program of mental health professionals who have experience and expertise in the field of maternal mental health. Based on your insurance and where you live, we will provide you referrals, and in many cases, can make direct connection to the clinician for scheduling.

In-Person Support Group

POEM support groups for pregnant & postpartum women meet on the 2nd Saturday and the 4th Tuesday of the month in the Columbus area. The maternal mental health group (for moms beyond the 1st postpartum year) meets on the 1st Tuesday of the month. There is no fee to attend. Two facilitators who have knowledge of and personal experience with a perinatal mental health complication lead the group. This is a mom-to-mom support group with an open format style. Each mom has the chance to share some of her story and current situation. Sharing is voluntary. It is okay to come to a meeting and just listen.

Online Support

There are two free online support networks for POEM moms, through Facebook. It is a secret group, so no one can see that you are member, except for those in the group. This online group is a safe place to come to share your thoughts, feelings, questions, and concerns with a group of unbiased moms who understand, have been in your shoes and aren't there to judge. You can post anytime, whether it's just to get something off of your mind or to seek input and/or support. You are not alone!

Talk or Text Support Line

The POEM Support Line at 614.315.8989 is available for moms, families and providers to connect with the POEM program. Our program staff is available to provide informational support, reassurance, connections to resources, and always a place for understanding. It is not a crisis line, but calls or texts are generally answered within 24 hours.

Chat With An Expert

Postpartum Support International (PSI) hosts free, live phone sessions every week. Every Wednesday, alternating times each week either 9:00pm or 12:00noon, go to postpartum.net for details. During these sessions you can connect with other moms, and talk with a PSI expert about resources, symptoms, options and general information about perinatal mood and anxiety disorders. Limited to the first 15 callers. PSI Chat With An Expert is listed based on their expertise in providing maternal mental health services to families and providers. This does not represent an endorsement or recommendation by POEM.

614.315.8989 | poemonline.org