



A Mother's Guide Maternal Depression Care Providers



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.

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. But, for about 1 in 5 pregnant and new mothers, these unwanted feelings are part of a common illness called maternal depression.

The providers in this booklet are here to assist you if you may be experiencing maternal depression. 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 NI = Not Indicated

Services:

This is a summary of the services offered by this provider.

Special Training:

The provider has 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 interpreter 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.

Provider Listings

Arbor Counseling 614-766-0161

2690 Billingsley Rd. Columbus, 43235 www.arborcounseling.org

Services: Counseling	Interpreter: —
Special Training: —	Bus Line: —
Eligibility: Must have resources for payment	Parking: Free
Wait Time: 1-2 weeks	Eve/Wknd: ✓
Payment Types: Private Insurance, Payment Plans	

Sarah Auman, PCC, RN 614-299-0992

1155 W. 3rd Ave., Grandview, 43212

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

Catholic Social Services 614-221-5891

Maternal Counseling - Meredith Adams / Kim Boggs

197 E Gay St., Columbus, 43215 www.colscss.org

Services: Individual, Group & Family Counseling	Interpreter: ✓
Special Training: ✓	Bus Line: ✓
Eligibility: —	Parking: Free & Pay
Wait Time: —	Eve/Wknd: ✓
Payment Types: Medicaid, Sliding Scale Fee, Private Insurance	

Janet L. Clark, PhD 614-231-7255

3449 E. Livingston Ave., Columbus, 43227

Services: Counseling	Interpreter: —
Special Training: —	Bus Line: ✓
Eligibility: —	Parking: Free
Wait Time: within a week	Eve/Wknd: ✓
Payment Types: Medicaid (in process), Private Insurance	

Jane E. Cottrell, PhD 614-267-0944

8 E. Henderson Rd. 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 (no HMO), Sliding Scale, Private Insurance, Disability	

Ellen Kay Douglas, PhD 614-621-3673

785 E. Broad St., Columbus, 43205

Services: Counseling	Interpreter: —
Special Training: ✓	Bus Line: NI
Eligibility: must be able to do stairs	Parking: NI
Wait Time: 1 - 2 weeks	Eve/Wknd: NI
Payment Types: Private Insurance, Other	

William Friday, PhD 614-501-8220

5340 E. Main St., Suite 205 Columbus, 43213

Services: Counseling	Interpreter: —
Special Training: NI	Bus Line: ✓
Eligibility: —	Parking: ✓
Wait Time: 24 - 72 Hours	Eve/Wknd: —
Payment Types: Medicaid, Sliding Scale, Private Insurance, Other	

Earl Greer, PhD 614-253-5574

1289 Livingston Ave. Columbus, 43205

Services: Counseling	Interpreter: —
Special Training: ✓	Bus Line: ✓
Eligibility: must be independent adult	Parking: ✓
Wait Time: 7 - 10 days	Eve/Wknd: —
Payment Types: Private Insurance, Molina, Caresource	

Herb Hausman, PhD 614-481-0033

1943 W. Fifth Ave., Columbus, 43213

Services: Counseling	Interpreter: —
Special Training: —	Bus Line: ✓
Eligibility: —	Parking: ✓
Wait Time: varies, usually 3 - 7 days	Eve/Wknd: ✓
Payment Types: Sliding Scale Fee, Private Insurance	

Heidi S. Johnson, MD 614-842-9966

659 High St., Suite 201 Worthington, 43085

Services: Counseling, Medication Management	Interpreter: —
Special Training: ✓	Bus Line: —
Eligibility: Fee for service, Out-of-network provider	Parking: ✓
Wait Time: 7 - 10 days	Eve/Wknd: ✓
Payment Types: NI	

Lighthouse Christian Services, Inc. 614-337-1986
Steven Johnston2085 Mecca Rd. Columbus, 43224 www.lighthousepathway.org

Services: Individual and Pastoral Counseling	Eligibility: —
Special Training: —	Bus Line: ✓
Wait Time: 1 - 2 weeks	Parking: ✓
Interpreter: Spanish	Eve/Wknd: ✓
Payment Types: Sliding Scale Fee, Private Insurance, Molina	

Beth McCreary, PhD 614-436-5030659 High St. Suite 202, Worthington, 43085 www.abhs.com

Services: Counseling	Interpreter: —
Special Training: ✓	Bus Line: ✓
Eligibility: —	Parking: ✓
Wait Time: varies; 2 - 4 weeks average	Eve/Wknd: —
Payment Types: Private Insurance, Self-pay	

Netcare Corp. 614-276-2273

199 S. Central Ave., Columbus, 43223 www.netcareaccess.org

Services: Crisis Services only; Open 24 hrs.	Interpreter: ✓
Special Training: —	Bus Line: ✓
Eligibility: —	Parking: ✓
Wait Time: walk-in only, no appointments	Eve/Wknd: ✓
Payment Types: Other; ADAMH funded	

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

40 Spruce St. Columbus, 43215 www.ncmhs.org

Services: Individual and Group Counseling	Interpreter: ✓
Special Training: —	Bus Line: ✓
Eligibility: must be resident of Franklin County	Parking: ✓
Wait Time: 1-2 weeks, pregnant clients have priority	Eve/Wknd: ✓
Payment Types: Medicaid, Sliding Scale Fee, Private Insurance	

Northwest Counseling Services 614-457-7876

1560 Fishinger Rd., Columbus, 43221

www.northwestcounselingservices.org

Services: Counseling	Interpreter: ✓
Special Training: —	Bus Line: ✓
Eligibility: must be resident of Franklin Co. for fee scale	Parking: ✓
Wait Time: varies, pregnant women and PTSD are priority	Eve/Wknd: ✓
Payment Types: Medicaid, Sliding Scale Fee, Private Insurance	

Pinnacle Behavioral Health 614-759-5075

Vikki Spohn

5965 E. Broad St., Suite 230 Columbus, 43213

Services: Counseling	Special Training: NI
Eligibility: Private Insurance or Medicare	Bus Line: ✓
Wait Time: 1 - 2 weeks	Parking: ✓
Interpreter: Upon request, with notice	Eve/Wknd: —
Payment Types: Private Insurance	

P.O.E.M. 614-315-8989

(Perinatal Outreach & Encouragement for Moms)

P.O. Box 20635 Columbus, 43220 www.poemonline.org

Services: Online & Peer Support Groups, Mentoring, Referrals	Eligibility: —
Special Training: ✓	Bus Line: ✓
Wait Time: —	Parking: ✓
Interpreter: Materials in multiple languages	Eve/Wknd: ✓
Payment Types: Services are free	

Suzanne Saul, PhD 614-844-6886

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

Services: Counseling	Interpreter: Spanish
Special Training: —	Bus Line: —
Eligibility: Need to use out-of-network benefits	Parking: ✓
Wait Time: 3 - 5 days	Eve/Wknd: ✓
Payment Types: Private Insurance	

Jennifer R. Schantz, PhD 614-361-0503

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

Services: Individual and Couples Counseling	Interpreter: —
Special Training: ✓	Bus Line: ✓
Eligibility: —	Parking: ✓
Wait Time: 2 weeks	Eve/Wknd: ✓
Payment Types: Sliding Scale, Private Insurance	

The Sommer Group Counseling & Consulting 614-985-5500

Heidi Sommer McAlister, MEd, LPCC Katie Kovacs, MEd, LPC

130 Northwoods Blvd., Columbus, 43235 www.thesommergroup.com

Services: Individual and Group Counseling	Interpreter: —
Special Training: ✓	Bus Line: —
Eligibility: —	Parking: ✓
Wait Time: 1 - 2 weeks	Eve/Wknd: ✓
Payment Types: Private Insurance - Out-of-network, Self-pay, Credit Cards	

Stoneburner and Associates, LLC 614-457-8359**Steve Martin**

1910 Crown Park Court, Columbus, 43235

Services: Counseling	Interpreter: —
Special Training: ✓	Bus Line: ✓
Eligibility: —	Parking: ✓
Wait Time: 2 - 3 days	Eve/Wknd: ✓
Payment Types: Private Insurance	

Nancy Walker, PhD 614-263-5908

3545 Olentangy River Road, Suite 214, Columbus, 43214

Services: Individual and Group Counseling	Interpreter: —
Special Training: —	Bus Line: ✓
Eligibility: —	Parking: Pay
Wait Time: 1-2 weeks	Eve/Wknd: ✓
Payment Types: Private Insurance, Out-of-pocket	

WellSpring 614-538-0353**Bob Ulhe**

1115 Bethel Rd., 1st Floor, Columbus, 43220 (main office)

23 satellite offices

www.wellspringcolumbus.org

Services: Individual and Group Counseling	Interpreter: —
Special Training: —	Bus Line: ✓
Eligibility: —	Parking: ✓
Wait Time: 3 - 5 days	Eve/Wknd: ✓
Payment Types: Sliding Scale, Private Insurance, Other	

Associated Resources

C.H.O.I.C.E.S 614-224-4663

Domestic Violence

P.O. Box 06157 Columbus, OH 43206

www.choicesdvcols.org

Compassionate Friend 614-882-8986

Support group for parents who have lost children of any age

Ohio Chapter

Meet in various parts of Central Ohio

Directions for Youth & Families 614-294-2661

Counseling and Parenting Programs for Teens

1515 Indianola Ave. Columbus, 43201 (Main) – 5 locations

www.dfyf.org

Mental Health America 614-221-1441

Ombudsman program, online directory

538 E. Town St. Suite D Columbus, 43215

www.mhafc.org

Mt. Carmel Hospice 614-234-0200

Bereavement Counseling

1144 Dublin Road Columbus, 43215

Mt. Carmel Pregnancy and Infant Loss 614-234-5999

Ongoing Support Group and Series

Call for registration or more information



Caring FOR 2

Helping through every step
of pregnancy...and beyond



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