

# Find Help

## Community Connections

### **Welcome Baby Community**

100 W College Ave. Appleton

920-734-3226

-Supports the needs of first time parents in the Fox Valley Region.

-Free membership to the Building for Kids for the first 18 months of your child's life.

### **Appleton Public Library**

200 N. Appleton St. Appleton

920-832-6173

askus@apl.org

-Offers classes and events for children of all ages.



### **Parent Connection**

920-739-4226

familyservicesnew.org

-Offers parenting workshops, classes, family fun events and support groups.

### **Mommy & Me Class**

ThedaCare Regional Medical Center

Appleton

-Network with other moms and hear guest speakers present topics relevant to new parents

Mondays 12:00 - 1:30 pm



### **Appleton Area School District - Birth to Four**

920-832-6470

-Offers inclusive network of family care services, school information and community support. In person parent/child playground held at Community Early Learning Center 313 S. State Street, Appleton.

# Find Help cont..

## Hotline Resources

### **Postpartum Support International**

**Helpline:** Call 1-800-944-4773

Text "Help" to 800-944-4773 / Spanish

971-203-7773

### **National Maternal Mental Health**

**Helpline:** Call 1-833-852-6262

Text "Help" to 800-944-4773 / Spanish

971-203-7773

### **Moms Mental Health Initiative:**

**You Are Not Alone**

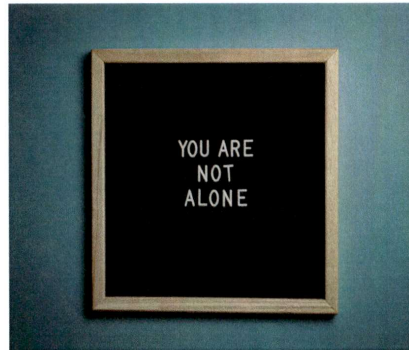
www.momsmentalhealthinitiative.org

### **988 Suicide and Crisis Hotline:**

Call or text 988

24/7 call, text, chat

Chat features on 988lifeline.org



# Perinatal Mental Health

Perinatal: Anytime during pregnancy and postpartum



DEPARTMENT OF  
**PUBLIC HEALTH**

920-832-6429

## Baby Blues

Hormonal changes that happen after birth cause the “baby blues”. Baby blues are common and usually go away within 2 weeks. Symptoms of baby blues include:

- Feeling overwhelmed
- Feeling crabby
- Feeling anxious
- Mood swings, such as crying for no reason

More than just the blues? Are you having...

- ☐ Feelings of guilt, shame or hopelessness
- ☐ Feelings of anger, rage or irritability, or scary and unwanted thoughts
- ☐ Lack of interest in the baby or difficulty bonding with the baby
- ☐ Loss of interest, joy or pleasure in things you used to enjoy
- ☐ Disturbances of sleep and appetite
- ☐ Crying and sadness, constant worry or racing thoughts
- ☐ Physical symptoms like dizziness, hot flashes and nausea
- ☐ Possible thoughts of harming the baby or yourself

## Partners get depressed too...

Up to 10% of partners can have feelings of sadness and/or depression at the birth of a baby. It happens most often during the first 3 to 6 months after the baby is born.



## Self Care Options

1 **Support from others**



2 **Yoga / Exercise**

3 **Healthy diet**

4 **Relaxion techniques**



5 **Fresh air / Sunshine**

6 **Adequate sleep**

7 **Social connection**



## Find Help

### Mental Health Providers

1

**Ascension Behavioral Health\***  
Anne Marie Uphus, APNP  
1531 Madison St. Appleton  
920-730-4411  
healthcare.ascension.org

2

**Cultura Counseling LLC\***  
1478 Kenwood Dr. Ste, Menasha  
920-593-9157  
culturacounseling.com  
-Also serves BIPOC and the Spanish community

3

**Farrah & Associates\***  
16 Tri-Park Way, Appleton  
920-841-8326  
farrarmentalhealth.com  
-Requires referral from existing provider

4

**The Center for Perinatal Mental Health\***  
3301 Ballard Rd. Ste C, Appleton  
920-234-9240  
ccpclinic.com  
-Weekly Postpartum Support Group

5

**Us 2 Behavioral Health\***  
4650 W Spencer St. Appleton  
920-903-1060  
us2bhc.org  
-Bilingual Providers, LGBTQIA providers, perinatal support groups

\*Accepts a variety of commercial and Medicaid plans

