



## Anxiety/Depression Resources

### General Resources

Depression in Women: <https://www.mhanational.org/depression-women>

Anxiety in Women: <https://adaa.org/find-help-for/women/anxiety>

Wellness Activities: <https://www.nami.org/Blogs/NAMI-Blog/January-2018/5-Sleep-Tips-that-Can-Help-with-Depression>

<https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495>

Behavioral Health and Primary Care: <https://www.aafp.org/fpm/2017/0300/p30.html>

How to talk to your health care provider: <https://www.nimh.nih.gov/health/publications/tips-for-talking-with-your-health-care-provider>

Do I need help?: <https://www.nimh.nih.gov/health/publications/my-mental-health-do-i-need-help>

### Pregnancy/Postpartum Resources

<https://MothersToBaby.org>

<https://womensmentalhealth.org/>

<https://www.cdc.gov/reproductivehealth/features/maternal-depression/index.html>

<https://www.cdc.gov/reproductivehealth/depression/index.htm>

<https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/antidepressants/art-20046420>

<https://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>

### Other Resources

Transportation and Other Assistance Resources

Individuals insured by Medicaid have access to a transportation assistance program through Paramount Advantage: <https://www.paramounthealthcare.com/medicaid/additional-services/transportation-assistance-program>.

For assistance with food, housing, employment, healthcare, counseling, and more: call 211 or visit [www.211.org](http://www.211.org)



### Ohio Resources for Depression and Anxiety

NAMI Ohio Helpline Resource Guide	Assists individuals seeking help for themselves or a loved one experiencing mental illness. <a href="https://namiohio.org/wp-content/uploads/2021/01/Helpline-Manual-8.pdf">https://namiohio.org/wp-content/uploads/2021/01/Helpline-Manual-8.pdf</a>
OhioMHAS Ohio Department of Mental Health and Addiction Services	Coordinates a statewide system of mental health and addiction prevention, treatment and recovery services. <a href="http://mha.ohio.gov/">http://mha.ohio.gov/</a>
OSPF Ohio Suicide Prevention Foundation	Prevention, education and resource organization focused on promoting suicide prevention. <a href="http://www.ohiospf.org/">http://www.ohiospf.org/</a>
OACBHA Ohio Association of County Behavioral Health Authorities	Statewide organization that represents the interests of Ohio's county Alcohol, Drug Addiction, and Mental Health Boards. <a href="https://www.oacbha.org/">https://www.oacbha.org/</a>
Ohio Council of Behavioral Health & Family Services Providers	Statewide trade and advocacy association that represents 150 private organizations that provide alcohol and other drug addiction, mental health, and family services. <a href="http://www.theohiocouncil.org/">http://www.theohiocouncil.org/</a>
Ohio Psychiatric Physicians Association	Dedicated to promoting the highest quality care for people with mental disorders and to serving the professional needs of Ohio's psychiatric physicians. <a href="http://www.ohiopsychiatry.org/aws/OPPA/pt/sp/home_page">http://www.ohiopsychiatry.org/aws/OPPA/pt/sp/home_page</a>

Source: <https://namiohio.org/resources/>