

I feel tired
and sad,
like the light
went out...

How can I take
care of my baby?

You are Not Alone...

1 out of every 8 new mothers faces depression.

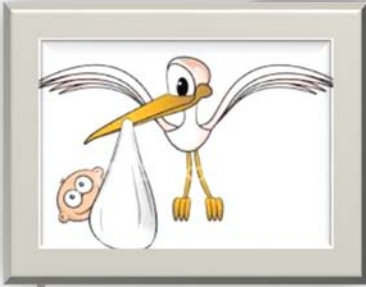
The “Baby Blues” are common with many women feeling

- sadness
- overwhelmed and worried
- irritability
- lack of energy

But if these symptoms last more than 2-3 weeks, it may be time to ask for help—for you and your baby. There are solutions that work.

**Talk to your doctor.
Ask for help!**





Resources in Montcalm County for Parents with Infants

Montcalm Care Network

Infant Mental Health is a service for parent(s) of infants and toddlers who are struggling with early needs of young children due to a mental illness or a developmental disability. Case management, individual and family therapy, as well as crisis intervention is provided to help. Information about the developmental needs of an infant and toddler is provided in the home setting, along with help connecting to community resources. To see if your family qualifies, you and your child may call or stop by our office. No appointment is necessary at our Access Center.

Montcalm Care Network

611 North State Street, Stanton, Michigan 48888

Walk-Ins welcome Monday – Friday, 8 am to 5 pm or call 989.831.7520

24-hour access/crisis intervention 800.377.0974

www.montcalmcare.net

Welcome Baby & Maternal Infant Health Program

The blessing of a new baby brings new challenges to your life. Spectrum Health United Lifestyles is here to help you during your pregnancy and through the first year of your infant's life. Phone contacts and personal visits to your home will provide you with personal, private guidance and support during these first critical months. The visiting healthcare professional is there to help answer questions and share information regarding pregnancy, breastfeeding, your infant's growth and development, immunizations, nutrition, safety, postpartum, depression and any other topic that you feel you need support with. We can help connect you with community resources that will help strengthen and enrich you and your infant's health. These services are free to families who qualify. Call Spectrum Health United Lifestyles at **616.754.6185** for more information or to sign up.

Great Start Parent Coalition

The Parent Coalition is a group of parents, grandparents, caregivers and professionals who advocate for young children in Montcalm County. We meet monthly to network with other parents, learn about different topics, plan events and find out about resources in our county. At each meeting we provide dinner, childcare, a speaker and a short agenda of items that we are working on. Anyone that is interested is welcome to attend! We meet monthly at the Montcalm Area Career Center, 1550 W Sidney Rd, Sidney from 5:30 – 7:00pm. For more information, contact Brandy Minikey at 616.225.6146 or bminikey@maisd.com.

Great Start Website: www.GreatStartMontcalm.org

Facebook: www.Facebook.com/greatstartmontcalmcounty

