

What happens if I am interested?

- Your referral is sent to the MBD program.
- The MBD therapist will contact you to schedule or confirm the eligibility assessment to see if the program fits your needs.
- Once accepted, you will receive 15 weekly sessions with two follow up booster sessions.

After recovery, mothers often report:

- Improved coping with stress.
- More energy.
- Improved sleep.
- Brighter mood.
- Greater satisfaction as a parent.
- Closer and more supportive relationships.
- More confidence.

Crisis Hotline -Talbert House

(24-hour support)
(513) 281-2273

Mobile Crisis

(24-hour support)
(513) 584-8577

National Suicide Prevention Lifeline

(24-hour support)
1 (800) 273-8255



**every child
succeeds™**

the power of 1000 days



Moving Beyond Depression™

**A treatment
program for
maternal depression**



(513) 272-2800

www.bestpoint.org



Many depressed mothers...

- Feel overwhelmed in carrying out parenting responsibilities.
- Have less energy to be the kind of parent they want to be.
- Feel they don't have anyone to turn to for help and support.

Common symptoms of depression

- Feelings of sadness
- Low energy
- Changes in appetite
- Sleeping problems
- Irritability
- Crying
- Feelings of worthlessness
- Memory problems



Children of depressed mothers are at greater risk for...

- Delays in learning
- Behavior problems
- Becoming depressed themselves



Moving Beyond Depression (MBD)

is an in-home treatment program for mothers who are experiencing depression. Mothers in MBD will receive 15 weekly sessions and two follow-up booster sessions.