

COMMUNITY



SUPPORT



MOVEMENT

MATERNAL HEALTH & WELLNESS GUIDE

Emotional Wellness Guide For
Mother's Health



www.QuietThoughtsMatter.org



**"Not all scars are visible; that's
why every thought deserves to be
heard."**



QUIET THOUGHTS MATTER

VISION & MISSION

ABOUT US

Quiet Thoughts Matter is a community-based organization dedicated to promoting emotional wellness, self-awareness, and resilience among youth and families. Through prevention-focused programs, mentorship, creative expression, and community engagement, we create safe and affirming spaces where individuals can explore their emotions, build healthy coping skills, and strengthen meaningful connections.

Our work centers on making emotional wellness approachable, culturally relevant, and accessible, equipping participants with practical tools that support confidence, communication, and long-term personal growth.

VISION

A world where emotional wellness is a part of daily life, mental health is embraced without stigma, and families grow stronger across generations.

MISSION

Quiet Thoughts Matter's mission is to cultivate inclusive spaces for children and families to learn emotional wellness and mental health awareness through reflection, expression and connection.





QUIET THOUGHTS MATTER

TABLE OF CONTENTS

01

02

Understanding Emotional Wellness

03

Signs a Mother May Need Support

04

Risk Factors & Stressors Mothers Face

05

How Caregivers Can Support Mothers

06

Healthy Coping Tools for Mothers

Community Resources





QUIET THOUGHTS MATTER

UNDERSTANDING EMOTIONAL WELLNESS

WHAT IS EMOTIONAL WELLNESS?

Emotional wellness means understanding and managing feelings, building healthy relationships, and learning how to cope with challenges.

People may experience emotions such as:

- stress
- sadness
- anxiety
- frustration
- loneliness

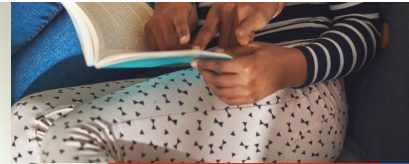
These emotions are a normal part of living.

However, when emotional challenges persist or begin affecting daily life, additional support may be helpful.





SIGNS A MOTHER MAY NEED SUPPORT



Possible signs:

- withdrawing from loved ones
- mood swings
- neglecting self-care
- changes in sleep or appetite
- expressing feelings of hopelessness
- increased irritability or anger
- talking about feeling overwhelmed





RISK FACTORS & STRESSORS MOTHERS FACE



Mothers face many challenges, including:

- economic instability
- children's health and safety issues
- lack of social support
- sleep deprivation
- maintaining personal identity
- balancing work and family
- societal pressures

Supportive relationships and safe environments can make a major difference in emotional wellness.



HOW CAREGIVERS CAN SUPPORT MOTHERS

Practical guidance:

- Create safe spaces for open conversations
- Listen without judgment
- Encourage emotional expression
- Support healthy routines (sleep, exercise, creativity)
- Celebrate effort and progress
- Seek professional support if needed

Supporting emotional wellness starts with connection and conversation.





QUIET THOUGHTS MATTER

HEALTHY COPING TOOLS FOR MOTHERS

Healthy ways mothers can process emotions include:

- journaling
- creative expression (art, music, poetry)
- physical movement
- mindfulness and breathing
- talking with loved ones
- spending time in nature





QUIET THOUGHTS MATTER

COMMUNITY RESOURCES

1

988 Suicide and Crisis Lifeline

Provides free, confidential 24/7 support for people experiencing emotional distress or suicidal thoughts by call, text, or chat. Website: <https://988lifeline.org>.

2

ADM Crisis Center Summit County

Provides 24/7 crisis intervention and stabilization services for individuals experiencing a mental health or emotional crisis. Website: <https://admboard.org/>

3

Akron Summit County Community Action

Private, non-profit corporation providing a wide range of services that address the needs of low-income residents of Summit County
Website: <https://www.ca-akron.org>.

4

Summit County Department of Jobs and Family Services

Serves the people of Summit County, Ohio, by providing social and career-development services to better the lives of the entire community
Website: <https://www.summitdjfs.org>.

5

Child Guidance & Family Solutions

Provides counseling, behavioral health services, and family support for children, teens, and caregivers.
Website: <https://www.cgfs.org/>

6

Portage Path Behavioral Health

Offers outpatient mental health services, including counseling, psychiatric care, and recovery support for individuals and families.
Website: <https://www.portagepath.org/>

7

Summit County Public Health

Provides community health resources, prevention programs, and education to support the well-being of Summit County residents. Website: <https://www.scph.org/>

8

United Way 211

Connects individuals and families to local resources such as housing, food assistance, mental health services, and crisis support by dialing 211. Website: <https://www.211summit.org>



6





**QUIET
THOUGHTS
MATTER**

Quiet Thoughts Matter

330.400.1904

[www.QuietThoughts Matter.org](http://www.QuietThoughtsMatter.org)



@QuietThoughtsMatter



@QuietThoughtsMatter