



### Appointments

To make an appointment for Perinatal Psychiatry Services, please call: **718-470-4MOM.**

### Fees

Medicaid, Medicare, and most insurance plans are accepted; a sliding scale fee is available for eligible individuals.



Use your smartphone to connect to our video on postpartum blues, or find us on You Tube by searching "NSLIJ why am I blue" or visit <http://www.northshorelij.com/NSLIJ/media-portal/behavioral-health/why-am-i-blue>

Taking Care of Mom  
For A  
Healthy Mom & Healthy Baby

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# Perinatal Psychiatry Services

*At The Zucker Hillside Hospital*





## The Scope of Perinatal Psychiatry Services

### at The Zucker Hillside Hospital

Historically, women experiencing behavioral health challenges during pregnancy and new motherhood did so in secret. But now, more women are asking for the help they need to overcome a range of psychiatric disorders and raise healthy families.

The treatment offered at the Perinatal Psychiatry Program may benefit a wide range of new or expectant mothers including:

- Women with existing psychiatric disorders and treatment who are
  - Planning pregnancy
  - Seeking one time medication consultation
  - Looking for treatment to maintain stability during pregnancy
- Women struggling with unexpected pregnancy outcomes such as miscarriage
- Moms facing the challenges associated with children born with complex medical issues
- Moms who deliver healthy babies and subsequently develop postpartum depression
- Women who develop psychiatric symptoms during pregnancy
- Pregnant or postpartum women with complicated medical or social issues who are experiencing emotional distress
- Pregnant or post-partum teens

While nearly 80% of all new moms experience a mild form of depression and anxiety, commonly referred to as “The Baby Blues,” up to 20% of new moms develop a postpartum depression and 3-5% of new moms develop significant anxiety or obsessive symptoms.

#### Interventions Provided:

- Initial telephone assessment
- Standardized rating scales
- Comprehensive evaluation for medication and therapy
- Brief or long term individual therapy
  - Interpersonal Therapy (IPT)
  - Cognitive Behavioral Therapy (CBT)
  - Supportive Psychotherapy
- Group Therapy
- Marital Therapy / Couples Therapy
- Medication Management
- Parent-Child Bonding Coaching

### The Perinatal team at The Zucker Hillside Hospital

A multidisciplinary team of licensed professionals with an extensive background in behavioral health and related women’s health issues provides a wide array of services. The treatment team includes:

- Psychiatrist
- Child & Adolescent Psychiatrist
- Nurse Practitioner
- Psychologists
- Social Workers

As an academic site for teaching and training future care providers, we incorporate state of the art treatment and access to the latest advanced care.

In order to provide the best possible patient care, the treatment team may consult with the patient’s Obstetrician, Primary Care Physician, or previous mental health providers. The team welcomes and includes family members or significant others in the treatment process.

If you find that you have questions and concerns:

- before conception as you plan for a new family
- during your pregnancy as your body changes and the baby grows
- or after delivery as you adjust to your new role

Please call **470-4MOM** to receive a confidential evaluation and individualized recommendations.