



## POSTPARTUM DEPRESSION SUPPORT GROUP

WHERE: Richmond University Medical Center  
1<sup>st</sup> Floor – Maternity Unit  
355 Bard Avenue, Staten Island, N.Y. 10310

WHEN: 3<sup>RD</sup> Friday of the month @ 11:00 AM

CALL TO REGISTER:

Catherine Mooney, RN MSN  
Nurse Manager – Maternity/Newborn  
Telephone Number – (718) 818 – 4298

WARMLINE: (718) 818 – 2032

Perinatal Mood & Anxiety Disorders Overview

- 1 in 8 new moms experience postpartum depression.
- Are you feeling sad or depressed?
- Are you having difficulty bonding with your baby?
- Do you feel anxious or panicky?
- Are you having problems with eating or sleeping?
- Are you having upsetting thoughts that you can't get out of your mind?
- Do you feel as if you are "out of control" or "going crazy"?
- Do you feel like you never should have become a mother?

If you have any of the above questions or feelings, **YOU ARE NOT ALONE!!!**  
It is time to reach out for help and....**MAKE THAT CALL.....**

**\*\*BRING YOUR BABY & TALK WITH OTHER MOMS\*\***