POSTPARTUM DEPRESSION SUPPORT GROUP

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

WHEN: 3rd 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**