



**FOR IMMEDIATE RELEASE**  
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### **NUHEALTH LAUNCHES BILINGUAL PREGNANCY AND POSTPARTUM DEPRESSION/ANXIETY SUPPORT GROUP AT NUMC**

East Meadow, NY.....In an effort to meet the needs of almost 15%-20% of new mothers who suffer from postpartum depression, Arthur A. Gianelli, President/CEO of the NuHealth System, announces the launching of a **FREE BILINGUAL “Pregnancy and Postpartum Depression/Anxiety Support Group”**, be held starting on Friday, November 18<sup>th</sup> from 10AM until 11:30AM, in the Centering Pregnancy Suite on the first floor of the Nassau University Medical Center.

“ We are proud to launch the first hospital based bilingual support group in Nassau County for patients suffering from a perinatal mood disorder, most commonly known as postpartum depression, affecting up to 20% of women within the first year of giving birth, with up to 15% suffering during pregnancy,” stated Gianelli. “The departments of Ob/Gyn., nursing, pediatrics and psychiatry have collaborated and worked as a team to ensure the safety and well-being of our mothers and babies through a confidential peer support group, facilitated by a nurse and a perinatal depression survivor, with a family education session for the partners and grandparents.”

The group will meet for ten weeks, with daytime and evening and week-end sessions offered. Several topics will be included during the support group sessions, including the impact of the birth experience, how to manage stress and time, coping techniques along with inspiration and hope. Symptoms include: exhaustion, decreased energy, anxiety/panic attacks, sleeping too much or too little, loss of appetite , loss of interest or enjoyment, feelings of detachment to the baby, fear of being alone with the baby, negative or scary thoughts, excessive worry especially about the baby’s health

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October 16, 2013

Vanessa Barisano, RN, program director and NUMC's very own perinatal educator has recognized the overwhelming need that exists for all our patients. The support group is modeled after the Postpartum Resource Center of NY's "Circle of Caring" support group of which Vanessa has trained. The Postpartum Resource Center is an invaluable resource, only one in NYS, servicing moms with a toll free Helpline 1-855-631-0001. If you are someone you know is having depression or anxiety symptoms beyond 2 weeks of giving birth, please call **516-296-2204** for information or to attend the first meeting on Friday November 18<sup>th</sup> at 10AM.

**ABOUT NUHEALTH**

NuHealth is a Long Island health care organization delivering essential medical care and disease and lifestyle management to everyone at every stage of life. Also known as Nassau Health Care Corporation, NuHealth is a public benefit corporation managing the operations of Nassau Medical Center, A. Holly Patterson Extended Care and a network of Family Health Centers that bring primary and specialty care out into the community. By emphasizing wellness, cultural sensitivity and collaborative efforts with the North Shore-LIJ Health System, NuHealth is working to make good care more affordable and easier to access.

*For more information about NuHealth or its Centers of Care, visit [www.nuhealth.net](http://www.nuhealth.net).*