Perinatal Mood and Anxiety Disorders (PMAD)

“There is no way I can ever do this”
“I should never have become a mother”

We now offer PMAD services at Lenox Hill Hospital (MEETH)
Clinical Services include:
Individual therapy, Psychopharmacological consultation and treatment,
Postpartum Support Group
... and more to come
Most insurances accepted

For more information contact Inga Blom, PhD at 212-702-7376 or iblom@northwell.edu
Or
To schedule an initial appointment call our Perinatal Mental Health line at 212.702.7614

Signs of Perinatal Depression
- Feelings of Hopelessness; Deep Sadness
- Lack of Feeling Bonded to Baby
- Emotions that feel out of control, without a clear cause.
- Inability to sleep when fatigued.

Did You Know
- Symptoms often emerge during pregnancy.
- Women are more vulnerable to psychiatric illness during pregnancy and postpartum period than any other time in their life.
- About 1 in 5 women have symptoms of postpartum anxiety or depression and 10% of women experience prenatal anxiety.

Signs of Perinatal Anxiety
- Scary, disturbing worries about baby’s well-being.
- Racing thoughts that can’t be stopped.
- Restlessness; a need to constantly be doing something, “or else…”
- Fears of being alone with baby.