

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