Stephanie N. Straub, LMSW
Specializing in Maternal Mental Health

Psychotherapy for the treatment of:

- Pregnancy and Postpartum Mood Changes
- Miscarriage and Termination
- Infant Loss
- Infertility
- Depression and Anxiety

Call today for a FREE phone consultation!

315-552-0180

Wellness Therapy Center
404 Oak Street, Suite 200
Syracuse, New York 13203
What is maternal mental health?
-Maternal mental health encompasses the emotional, psychological, and behavioral well-being of a woman during her childbearing years. If you are struggling in any of these ways during this phase of your life, I can help.

How do I know if I need therapy?
-As a therapist I believe everyone can benefit from finding an impartial person to talk to. However, there are certain times when speaking with someone may be necessary for your well being. If you notice your thoughts or emotions are getting in the way of your functioning, it's time to reach out for help. This could look like: problematic relationships, difficulty getting things done at home or work, thoughts that are scary, intrusive or worrisome, feeling moody, angry, or irritable, sleep or appetite changes, or just plain feeling like something is different and you are just not yourself.

Do these thoughts and feelings mean I'm crazy?
-You are absolutely NOT crazy. Many different factors can contribute to the experience of a mood or anxiety disorder during pregnancy or the postpartum period. Approximately 20% of pregnant women and 21% percent of postpartum women experience some form of anxiety, depression, or a combination of both. So, not only are you not crazy, but you are not alone.

How does therapy help?
-Whether you are hoping to get pregnant, suffering the loss of a pregnancy or infant, or managing mood changes during pregnancy or the postpartum period, I can assist you in making sense of the emotions you feel and help you return to self. I use a combination of Solution Focused Brief Therapy to get you feeling better as quickly as possible, and Cognitive Behavioral Therapy to keep you feeling better. My style is comfortable and relaxed and while I take what I do and the topics very seriously, I love helping my clients find ways to laugh during troublesome times.

Call today to schedule an appointment!

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