Referrals

To inquire about or to make a referral for Perinatal Psychiatry Inpatient Services, please call:
(718/516) 470-4MOM

Fees

Medicaid, Medicare, and most insurance plans are accepted; a sliding scale fee is available for eligible individuals.

Use your smartphone to connect to our webpage to learn more about our services or view related videos. Or visit us at: https://www.northwell.edu/find-care/services-we-offer/ perinatal-services
Perinatal Psychiatry Inpatient Program

While nearly 80% of all new moms experience a mild form of depression and anxiety, commonly referred to as “The Baby Blues,” up to 20% of new moms develop a postpartum depression and 3-5% of new moms develop significant anxiety or obsessive symptoms. Sometimes the severity of these symptoms would suggest inpatient treatment for rapid stabilization.

The Perinatal Team at Zucker Hillside Hospital

A multi disciplinary team of professionals with an extensive background in behavioral health and related women’s health issues provides a wide array of services. The treatment team includes:

- Psychiatrists
- Nurse Practitioner
- Registered Nurses
- Psychologists
- Social Workers
- Mental Health Workers
- Rehab Therapists
- Pharmacist
- Dietitian
- OB/GYN consultation

In order to provide the best possible patient care, the treatment team may consult with the patient’s Obstetrician, Primary Care Physician, or previous mental health providers. The team welcomes and includes family members and/or significant others in the treatment process.

Please call (718/516) 470-4MOM to receive a confidential evaluation and individualized recommendations.

The Inpatient Unit

Now women experiencing severe symptoms can seek treatment in our dedicated perinatal psychiatry program within Zucker Hillside’s state of the art 20-bed women’s unit. This unit offers a welcoming environment and specialized treatment – a respite for women suffering from Perinatal Mood and Anxiety disorders who require acute inpatient care.

With sensitivity to the issues specific to pregnant and postpartum mothers – we will provide exceptional care and maximize the woman’s ability to bond with her new baby.

This is achieved through flexible visiting with family members, individualized treatment plans, group therapy and holistic healing activities such as yoga, mindfulness, and dance/movement.

The inpatient unit offers a therapeutic healing environment with individualized evidence-based treatment plans, protected sleep times, and flexible visiting with family and baby.

Historically, women experiencing mental health issues/concerns during pregnancy and new motherhood did so in secret. But now, more women are asking for the help they need to overcome a range of psychiatric disorders and raise healthy families. The treatment offered at the Perinatal Psychiatry Inpatient Program may benefit a wide range of new or expectant mothers including:

- Women who develop psychiatric symptoms during pregnancy
- Women struggling with unexpected pregnancy outcomes such as miscarriage
- Pregnant or postpartum women with complicated medical or social issues who are experiencing emotional distress
- Moms facing the challenges associated with children born with complex medical issues
- Moms who develop postpartum mental health complications

- Women who develop psychiatric symptoms during pregnancy
- Women struggling with unexpected pregnancy outcomes such as miscarriage
- Pregnant or postpartum women with complicated medical or social issues who are experiencing emotional distress
- Moms facing the challenges associated with children born with complex medical issues
- Moms who deliver healthy babies and subsequently develop postpartum mental health complications