How are postpartum mood disorders treated?

We have a team of providers with specialized training in perinatal mental health.

Services we offer:
- Assessment
- Medication management
- Individual therapy using CBT and DBT models
- Group therapy
- Education
- Nutritionist
- Collaboration/referrals to other community agencies/supports

We have the EXPERIENCE.

We have the EXPERTISE.

We know our COMMUNITIES and our CLIENTS.

For information or referral, call Mary Carlisle, LCSW, at 315-426-7783 to set up an intake appointment.

Hutchings PC Madison Street Clinic
660 Madison Street, Syracuse, NY 13210
315-426-7680 • www.omh.ny.gov

Improving Lives . . .
One day at a time.
The Healthy Moms, Healthy Babies, perinatal mental health clinic provides mental health services to women who are currently pregnant and post-partum mothers who are experiencing anxiety, depression, or other mental health symptoms.

While it is normal for some women to experience mood changes post birth, if these changes are severe or last longer than two weeks, this could indicate a perinatal mood disorder.

Perinatal mood disorders can be serious and can impact both mom and baby.

Hutchings PC Madison Street Clinic
660 Madison Street, Syracuse, NY 13210
315-426-7680 • www.omh.ny.gov

What are perinatal mood disorders?

Eighty percent of new mothers experience the “baby blues” during the first few weeks post-partum. The term “baby blues” refers to normal emotions that most mothers feel after the birth of their child. It may include feelings of worry, unhappiness, and feeling tired.

The “baby blues” are usually mild, last no more than two weeks and go away without treatment. If symptoms persist and/or worsen, a mother could be developing postpartum depression, post-partum anxiety, or another perinatal mood disorder.

One in seven mothers experience depression or anxiety postpartum. In rare cases, a woman may experience postpartum psychosis. This is a serious illness that is seen post-partum, often within the first two weeks, that includes symptoms of disorganized thoughts, delusions, and hallucinations. One to two out of 1,000 have postpartum psychosis.

You are not alone.

Common symptoms of postpartum depression and anxiety include:

• Sadness, anxiety, anger
• Trouble sleeping, trouble with concentration
• Feeling disconnected, loss of interest
• Withdrawing from others, feeling worthless or guilty
• Placing undue blame on oneself
• Loss of appetite, fears of losing control
• Intrusive thoughts