



The Zucker Hillside Hospital Perinatal Program



Did you know?

1 in 5 women experience a perinatal mood or anxiety disorder

- Are you feeling sad or depressed?
- Do you feel more irritable or angry with those around you?
- Are you having difficulty bonding with your baby?
- Do you feel anxious or panicky?
- Are you having problems with eating or sleeping?
- Are you having upsetting thoughts that you can't get out of your mind?

You are not alone. Help is available.
With help – you will feel better.

For more information
or to get help,
call:

(718/516) 470-4MOM

Perinatal Psychiatry Services
Zucker Hillside Hospital
75-59 263rd Street
Glen Oaks, NY 11004



Zucker Hillside Hospital
Northwell Health®