



## Perinatal Psychiatry Services

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### Referrals

To inquire about or to make a referral for Perinatal Psychiatry 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.



Taking Care of Mom  
for a  
Healthy Mom & Healthy Baby

### Zucker Hillside Hospital

75-59 263rd Street  
Glen Oaks, NY 11004  
(718/516) 470-4MOM



## Perinatal Psychiatry Services

Outpatient Treatment

at Zucker Hillside Hospital



# Perinatal Psychiatry 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.

In order to address these issues, we developed outpatient and inpatient perinatal programs.



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 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 deliver healthy babies and subsequently develop postpartum mental health complications

## The Outpatient Program Features:

- Initial telephone assessment
- Standardized rating scales
- Comprehensive evaluation for medication and therapy
- Brief or long term individual therapy
  - Interpersonal Therapy (IPT)
  - Cognitive Behavioral Therapy (CBT)
  - Psychodynamic Psychotherapy
  - Supportive Psychotherapy
  - Integrative Psychotherapy
- Group Therapy
- Marital Therapy/Couples Therapy
- Medication Management



## 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
- OB/GYN consultation

As an academic site for teaching and training future care providers, we incorporate state of the art treatment and access to the latest advanced care.

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](tel:7185164704) to receive a confidential evaluation and individualized recommendations.