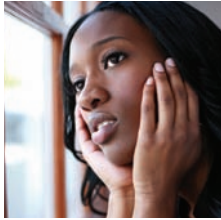


**What if this isn't  
the happiest time  
of your life?**



**Perinatal Mood Disorders Resource Directory**

Suffolk Perinatal Coalition's Perinatal Mood Disorders Task Force



*“You are not alone  
in this.”*

*“You are not to  
blame.”*

*“You will feel better  
and be well with  
help.”*

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rights reserved. As with  
any illness, please seek the  
advice of your healthcare  
provider.



## What are Perinatal Mood Disorders?

Perinatal Mood Disorders is a general term used to describe a wide range of mood disorders a woman can experience during and after the birth of a baby.

## Causes of Perinatal Mood Disorders

Researchers are still unsure of what exactly causes Perinatal Mood Disorders.

It is most likely caused by a number of factors that vary from individual to individual. Some factors believed to contribute to Perinatal Mood Disorders are:

- previous pregnancy or postpartum depression/anxiety
- a family history of depression/anxiety
- psychological stresses of new motherhood
- dramatic changes in hormone levels
- marital/relationship conflict
- sleep deprivation

## Symptoms

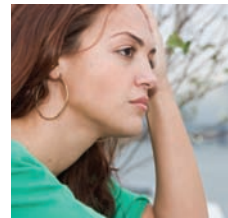
Perinatal Mood Disorders is a real illness that affects at least one in every ten women during pregnancy and two in every ten women after birth. Symptoms may include:

- crying
- sleep problems
- appetite disturbances
- anxiety
- loss of enjoyment of activities
- poor fetal attachment
- fear of harming baby or yourself

One or two mothers in 1,000 will suffer a rare and severe condition called Postpartum Psychosis. Symptoms may include:

- confusion
- seeing things and/or hearing things that are not there
- being distrustful and afraid of others

Postpartum Psychosis is a medical emergency. If you or someone you know may be experiencing



these symptoms, seek medical help immediately.

### Seeking Help

Perinatal Mood Disorders are treatable. If you believe you are suffering from a Perinatal Mood Disorder, seek help, call your healthcare provider and use the resources listed in this directory.

You are not alone. You are not to blame. With help, you will be well.

### Crisis & Emergency Hotline Numbers

If you have thoughts or are planning to harm yourself, your baby or others, call your healthcare provider, dial 911, or go to the nearest hospital emergency room.

#### Baby Safe Haven

If you are pregnant or do not know what to do with your newborn baby, call for help or take your baby to any hospital emergency room. Confidential help and support are available 877-796-HOPE (4673) [www.amtchildrenofhope.com](http://www.amtchildrenofhope.com)

**CPEP (Comprehensive Psychiatric Emergency Program) Stony Brook**  
631-444-6050

**National Suicide Prevention Lifeline**  
800-273-TALK (8255)

**Response Crisis Hotline**  
631-751-7500  
Help is available 24 hours a day, 7 days a week.

### Helpline & Referral Information

**Mental Health Association in Suffolk County, Inc.**  
631-226-3900  
[www.mhasuffolk.org](http://www.mhasuffolk.org)  
Contact: Colleen Merlo, LMSW

**Postpartum Resource Center of New York**  
Moms on Call and Family Telephone Support, Free and Confidential Information and Referral  
631-422-2255  
[www.postpartumny.org](http://www.postpartumny.org)

*"I felt so tired, was crying all of the time and had trouble taking care of my baby. I knew it was time to get help."*



*"I was afraid something was not right with me. Would I ever be me again? I am happy I told my doctor how I was feeling."*



#### **Suffolk Perinatal Coalition**

Information and Referral resources for Perinatal Mood Disorders  
631-475-5400/ Patchogue  
[www.suffolkperinatalcoalition.org](http://www.suffolkperinatalcoalition.org)

#### **Mental Health Providers**

**Mildred Antonelli, PhD**  
631-265-7105/ Smithtown

**Laura Bonsera, LCSW-R**  
631-334-8410/ Commack & South Setauket  
[www.lipostpartum.com](http://www.lipostpartum.com)

**Michelle Button, LCSW-R**  
631-265-3133/ Smithtown  
[www.maternalwellness.net](http://www.maternalwellness.net)

**Andrea Carlson, MD**  
631-923-0006/ Huntington  
\*Medication Management

**Elyse Everett, LCSW**  
631-793-0870/ East Setauket  
[www.thepostpartumhighway.com](http://www.thepostpartumhighway.com)

**Alex Feeley, LCSW**  
South Fork Community Health Initiative  
631-329-2425/ East Hampton  
\*Spanish Speaking/ Hablamos Español

**Irene Margolis, LCSW-R, RN**  
631-331-9688/ Coram

**Helen Meyers, PhD**  
631-669-1146/ West Islip & Huntington

**Leslie Parker, MS, MPP, ANP**  
631-751-2892/ Port Jefferson  
\*Medication Management

**Cynthia Pizzulli, PhD**  
631-368-0130/ East Northport

**Susan Sullivan, APRN, BC**  
631-351-8374/ Huntington

**Georgia Yesmont, Ph.D.**  
631-424-7675/ Huntington

#### **Counseling Services**

**Brentwood Mental Health Clinic**  
631-853-7300/ Brentwood  
\*Spanish Speaking/ Hablamos Español

**Catholic Charities Mental Health Clinic**  
Bay Shore 631-665-6707  
Medford 631-654-1919  
\*Spanish Speaking/ Hablamos Español  
[www.catholiccharities.cc](http://www.catholiccharities.cc)



### **FEGS Counseling Center**

631-234-7807 ext. 200/ Central Islip

Family Counseling Service

631-288-1954/ Westhampton

631-205-5820/ Shirley

### **Family Service League**

631-369-0104/ Riverhead

631-723-2316/ Hampton Bays

631-298-8642/ Mattituck

631-324-3355/ East Hampton

\*Languages Spoken: English,

Spanish, Arabic, Italian,

Lithuanian, Russian

[www.fegs.org](http://www.fegs.org)

### **Hispanic Counseling Center**

631-328-4959/ Bay Shore

\*Spanish Speaking/  
Hablamos Español

### **Pederson-Krag Centers**

631-920-8324 Main Number

Centers in Smithtown,  
Huntington, Wyandanch

\*Spanish Speaking / Hablamos

Español

[www.pedersonkrag.org](http://www.pedersonkrag.org)

### **Pilgrim Psychiatric Center/ Buckman Center**

631-761-2289/ W. Brentwood

### **Riverhead Mental Health Center**

631-852-1440/ Riverhead

\*Spanish Speaking/ Hablamos

Español

### **Skills Unlimited**

#### **Mental Health Clinic**

631-567-3320 ext. 118/

Oakdale

[www.skillsunlimited.org](http://www.skillsunlimited.org)

### **Sunrise Counseling Center**

631-666-1615/ Bay Shore

[www.sunrisecounselingcenter.com](http://www.sunrisecounselingcenter.com)

com

### **Support Groups**

#### **An Angel's Embrace: Pregnancy**

#### **and Postpartum Depression**

#### **Support Groups in English and**

#### **Espanol**

516-697-1682

Contact: Vanessa Barisano, RN,

LCCE

### **Children & Parents Together**

#### **Program (CAPT)**

Family Service League

Parent support groups and age

appropriate activities for pre-

school children (No Fee)

631-647-3120/ Bay Shore

Contact: Mary Sidoti, RN

*"I felt alone until I spoke with other moms on the phone and got to a support group."*

*"My healthcare providers understand what I am going through and are helping me."*



*“Going to the support group is helping me bond with my baby.”*

*“I am learning to take care of myself.”*



**Circle of Caring Pregnancy & Postpartum Depression Support Groups in Nassau and Suffolk Counties at Mothers' Centers**

Contact: Nicole Piervencenti  
631-218-1552

**“Is It More Than Just the Baby Blues?” and Parenting Support Groups**

Groups for women and families experiencing Perinatal Mood Disorders

631-334-8410/ Contact: Laura Bonsera, LCSW-R  
[www.lipostpartum.com](http://www.lipostpartum.com)

**Maternal Wellness Pregnancy & Postpartum Depression Support Groups**

631-265-3133/ Smithtown  
Contact: Michelle Button, LCSW-R  
[www.maternalwellness.net](http://www.maternalwellness.net)

**Mothers' Circle of Hope Pregnancy and Postpartum Depression Support Group**

St. Catherine of Siena Medical Center  
631-862-3330/ Smithtown  
[postpartumsupport@chsl.org](mailto:postpartumsupport@chsl.org)

**Suffolk Perinatal Coalition "Mothers and Mother to Be"**

Free and confidential services for pregnant and parenting women and families: Information and Referral, Case Management, Mentoring Mothers Program, The Baby's Dresser and Support Group for women experiencing Perinatal Mood Disorders  
631-475-5400/ Patchogue  
[www.suffolkperinatalcoalition.org](http://www.suffolkperinatalcoalition.org)

**Support Services**

**Couple CARE for Parents**

Parenting and relationship enhancement for parents with newborns

631-632-4677/ Stony Brook  
Contact: Rebecca Bonnano, LMSW

**Family Service League Healthy Families New York**

Provides free case management services to pregnant and parenting women in Bay Shore and Brentwood  
631-647-6635/ Contact: Giselle Cosme, MSW



**La Leche League International**  
800-LALECHE (525-3243)

\*Breast Feeding Support  
[www.llli.org](http://www.llli.org)

**Long Island Doula Association  
(LIDA)**

631-574-2205/ email: [info@lidoulas.com](mailto:info@lidoulas.com)  
[www.lidoulas.com](http://www.lidoulas.com)

**National Association of  
Mothers' Centers**

877-939-MOMS  
[www.motherscenter.org](http://www.motherscenter.org)

**SNAP**

(Teen Pregnancy Program)  
631-447-0698/ Patchogue

**Suffolk County Department of  
Health Services Community  
Health Worker Program**

Free case management services available to pregnant and parenting women in Amityville, Brentwood, Central Islip, Copiague and Wyandanch  
\*Languages Spoken: English, Spanish, Creole, French, and Tagalog-Filipino  
Contact: Ellen Roisman, LCSW-R  
631-854-4023

**Suffolk Perinatal Coalition**

Free and confidential services for pregnant and parenting women and families: Information and Referral, Case Management, Mentoring Mothers Program, The Baby's Dresser and Support Group for women experiencing Perinatal Mood Disorders  
631-475-5400/ Patchogue  
[www.suffolkperinatalcoalition.org](http://www.suffolkperinatalcoalition.org)

**TASA**

(Teen Pregnancy Program)  
631-224-9766/ Islip  
631-893-1078/ North Babylon

**Helpful Websites**

**MedEdPPD**

Educational information available in English and Español  
[www.MedEdPPD.org](http://www.MedEdPPD.org)

**Postpartum Resource Center  
of New York**

[www.postpartumny.org](http://www.postpartumny.org)

**Postpartum Support  
International**

[www.postpartum.net](http://www.postpartum.net)

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Suffolk  
Perinatal  
Coalition

*advocating for  
the health of  
women, infants,  
& children*



This directory is not intended as a medical advice. It was written for informational and educational purposes. As with any illness, please seek the advice of your healthcare provider.



### **Recommended Reading**

#### **A Daughter's Touch**

by Sylvia Lasalandra

#### **A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years**

by Ruta Nonacs, MD, PhD

#### **Beyond the Blues: A Guide to Understanding and Treating Prenatal and Postpartum Depression**

by Shoshana Bennett, Ph.D and Pec Indman, Ed.D, MT

#### **Down Came The Rain: My Journey Through Postpartum Depression**

by Brooke Shields

#### **Journey to Parenthood: Myths, Reality and What Really Matters**

by Diana Lynn Barnes, Ph.D and Leigh G. Balber

#### **Pregnancy Blues**

by Shaila Misri, MD

#### **Sleepless Days**

by Susan Kushner Resnick

#### **The Mother to Mother Support Book: Real stories from women who lived through postpartum depression and recovered**

by Sandra Poulin

#### **The Postpartum Husband: Practical Solutions for living with Postpartum Depression**

by Karen Kleiman

#### **The Stork's Revenge**

by Geraldine O'Keeffe

#### **Understanding Your Moods When You're Expecting**

by Lucy J. Puryear, MD

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*Special thanks to the dedicated members of the SPC Perinatal Mood Disorder Task Force for their work in creating this directory. This directory is available at [www.suffolkperinatalcoalition.org](http://www.suffolkperinatalcoalition.org). Print copies can be obtained from the Suffolk Perinatal Coalition by calling 631-475-5400.*