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

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
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

“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.”
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

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

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

Sunrise Counseling Center
631-666-1615/ Bay Shore
www.sunrisecounselingcenter.com

Support Groups
An Angel’s Embrace: Pregnancy and Postpartum Depression Support Groups in English and Español
516-697-1682
Contact: Vanessa Barisano, RN, LCCE

Children & Parents Together Program (CAPT)
Family Service League
Parent support groups and age appropriate activities for preschool 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.”
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

Maternal Wellness Pregnancy & Postpartum Depression Support Groups
631-265-3133/ Smithtown
Contact: Michelle Button, LCSW-R
www.maternalwellness.net

Mothers’ Circle of Hope Pregnancy and Postpartum Depression Support Group
St. Catherine of Siena Medical Center
631-862-3330/ Smithtown
postpartumsupport@chsli.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

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

“Going to the support group is helping me bond with my baby.”
“I am learning to take care of myself.”
Funding for this directory has been made possible through New York State Department of Health Bureau of Women’s Service.

La Leche League International
800-LALECHE (525-3243)
*Breast Feeding Support
www.lli.org

Long Island Doula Association (LIDA)
631-574-2205/ email: info@lidoulas.com
www.lidoulas.com

National Association of Mothers’ Centers
877-939-MOMS
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

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

Postpartum Resource Center of New York
www.postpartumny.org

Postpartum Support International
www.postpartum.net
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

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. Print copies can be obtained from the Suffolk Perinatal Coalition by calling 631-475-5400.

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.