

## UNC CENTER FOR WOMEN'S MOOD DISORDERS

The UNC Center for Women's Mood Disorders is directed by David Rubinow, M.D., the Chair of the UNC Department of Psychiatry and an internationally known expert in the evaluation and treatment of women with mood disorders that occur during periods of hormonal change.

Reproductive mood disorders include depression and anxiety disorders associated with the reproductive life cycle.

Reproductive Mood Disorders:

- Depression During Pregnancy
- Postpartum Depression (PPD)
- Pregnancy Loss
- Infertility
- Premenstrual Syndrome (PMS)
- Premenstrual Dysphoric Disorder (PMDD)
- Perimenopausal Depression

### UNC MENTAL HEALTH SPECIALISTS, PRIVATE PRACTICE CLINIC

One part of the UNC Department of Psychiatry is a faculty private practice located in Chapel Hill. At this location you can schedule an appointment with UNC Attending Psychiatrists who specialize in the treatment of women's reproductive mood disorders. For more information about this specialty clinic, please call 919-929-7449.



## OUR PROGRAMS

### MENSTRUALLY RELATED MOOD DISORDERS PROGRAM

In the Menstrually Related Mood Disorders Program, patients are offered assessment and treatment. Treatment may include psychotherapy, medication, and/or hormone replacement therapy for women with mood disorders and hormonal disturbances surrounding menopause or their monthly cycle.

- **Premenstrual Dysphoric Disorder (PMDD)**
- **Perimenopause**

#### Clinic:

For evaluation of severe Premenstrual Syndrome (PMS) or Premenstrual Dysphoric Disorder (PMDD) or Perimenopausal Depression, please call us at 919-966-9640 for more information. All women will undergo an initial screening and evaluation process to determine severity of mood symptoms. Women can then schedule an appointment in an appropriate clinic or participate in research.

#### Research:

Our researchers within the Department of Psychiatry are investigating Menstrually Related Mood Disorders like PMDD and Perimenopause. There are multiple research studies available for participation. These studies are intended to investigate the biological basis of women's reproductive mood disorders and will help guide the development of future treatment interventions. For details, please see our website at [www.womensmooddisorders.org](http://www.womensmooddisorders.org).

### PERINATAL MOOD AND ANXIETY DISORDERS PROGRAM

The Perinatal Mood and Anxiety Disorders Program specializes in mood and anxiety disorders that occur during pregnancy and up to one year postpartum. The mission is to provide state-of-the-art clinical care, research, and support groups to address the needs of women during this vulnerable time.

- **Depression During Pregnancy**
- **Postpartum Depression (PPD)**
- **Pregnancy Loss**
- **Infertility**

#### Clinic:

We now offer 2 locations for the assessment and treatment of women with depression or anxiety disorders during pregnancy and the postpartum period. UNC physicians work with nurses, midwives, counselors, and social workers

in the community to help create the best plan for managing symptoms and fostering a healthy pregnancy and postpartum period.

Please contact our clinic to schedule an appointment at either location, 919-966-5217.

- UNC – First Floor, Neurosciences Hospital
- Rex Hospital – Rex Family Birth Center, UNC Specialty Women's Center

#### Support Group:

A free Support Group is offered for women with depression or anxiety during pregnancy and up to one year postpartum. This group meets twice a month. For more information about the support group, please contact Christena Raines at 919-966-3115 or [Christena\\_Raines@med.unc.edu](mailto:Christena_Raines@med.unc.edu).

#### Research:

Our researchers are investigating prenatal and postpartum depression. There are multiple research studies available for participation. For details about our studies, please see our website at [www.womensmooddisorders.org](http://www.womensmooddisorders.org).

### PERINATAL MOOD DISORDERS INPATIENT PROGRAM

The Inpatient Perinatal Unit provides specialized treatment and addresses the needs of women suffering with serious mood conditions during pregnancy or postpartum. The Inpatient Unit consists of 4 private and 2 semi-private beds on a 15 bed, locked unit shared with geriatric psychiatry. While the unit is shared, the therapies are separate and tailored to our perinatal patients. The program provides comprehensive assessment and treatment, including medication stabilization as well as specialized individual and group counseling.

Comfort measures include:

- Protected sleep times
- Dedicated private and semi-private rooms
- Gliders for pumping/nursing in patient rooms
- Dedicated group room
- Pumps, supplies, and refrigerator for milk storage
- Lactation consultant available
- Nursing staff trained in postpartum and antepartum care
- Extended visiting hours for spouses and babies to maximize positive mother-baby interaction (there are no accommodations for rooming-in with the baby).
- Group therapies including: art therapy, relaxation, biofeedback, exercise, behavioral therapy, and psycho-education for both patients and spouses

**For Referrals to this program please call UNC Psychiatry Inpatient Admissions at 919-966-8721.**

## Our Faculty

**David Rubinow, MD**

*Chairman of the UNC Department of Psychiatry  
Director of the Center for Women's Mood Disorders*

**Samantha Meltzer-Brody, MD, MPH**

*Director of the Perinatal Psychiatry Program*

**Susan Girdler, PhD**

*Co-Director of the Menstrually Related  
Mood Disorders Program*

**Elizabeth Bullard, MD**

*Medical Director of the Inpatient  
Perinatal Psychiatry Unit*

**Christena Raines, RN, MSN**

*Perinatal Nurse Practitioner and  
Perinatal Support Group leader*

**Cort Pedersen, MD**

*Research Psychiatrist*

**Susan Killenberg, MD**

*Staff Psychiatrist at UNC*

**Amanda Dorn, MD**

*Staff Psychiatrist at Rex Hospital*

**Edith Gettes, MD**

*Staff Psychiatrist at Rex Hospital*

## Women's Health Resources

National Women's Health  
Information Center  
(800) 994-WOMAN  
[www.4women.gov](http://www.4women.gov)

Postpartum Support International  
(800) 944-4PPD  
[www.postpartum.net](http://www.postpartum.net)

HopeLine, Inc. (24-Hour Crisis Line  
serving the NC Triangle area)  
(919) 231-4525  
[www.hopeline-nc.org](http://www.hopeline-nc.org)



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101 Manning Drive  
Department of Psychiatry,  
First Floor, Neurosciences Hospital  
Chapel Hill, NC 27514  
919-966-9640

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



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HDF 2258 Rev. 10/28/09



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DEPARTMENT OF PSYCHIATRY



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