

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.

PERINATAL MOOD AND ANXIETY DISORDERS PROGRAM

The Perinatal Mood and Anxiety Disorders Program, directed by Dr. Samantha Meltzer-Brody, 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.

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.

THE NEW PERINATAL PSYCHIATRY INPATIENT UNIT

The UNC Perinatal Psychiatry Inpatient Unit provides private, state of the art, specialty care for women suffering from severe perinatal psychiatric issues. It is the first of its kind in the United States includes 5 patient beds (private and semi-private) in a free-standing unit. Infants are encouraged to visit for as long as possible, but may not stay overnight. Protected sleep times for the mothers are extremely important for recovery. Our treatment team is composed of highly trained doctors, nurses, psychologists, midwives, social workers, and other therapists that work together to create individualized treatment plans. We provide comprehensive assessment and treatment, including medication stabilization and a vast range of individual and group therapies as appropriate. Our goal is to provide a supportive environment to assist in the recovery from perinatal psychiatric illness.

Unique Features of our Unit include:

- Protected sleep times
- Extended visiting hours to maximize positive mother-baby interaction
- Gliders for pumping and nursing in patient rooms
- Hospital grade breast pumps, refrigeration and freezer storage
- Lactation consultants
- Specialty trained nursing and other staff
- Group therapies including art, relaxation, behavioral, and psycho-education
- Biofeedback therapy
- Mother-infant attachment therapy
- Family and partner assisted interpersonal psychotherapy
- Therapeutic yoga geared for pregnancy and postpartum women

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

WOMEN'S HEALTH RESOURCES

UNC Center for Women's Mood Disorders
(919) 966-9640

www.womensmooddisorders.org

National Women's Health Information Center
(800) 994-9662

www.4women.gov

NC Family Health Resource
(800) 367-2229

www.nchealthystart.org

Postpartum Support International
(800) 944-4PPD

www.postpartum.net

**American College of Obstetricians
and Gynecologists (ACOG)**

(800) 762-2264

www.acog.com

**Moms Supporting Moms
Raleigh Support Group**

(919) 454-6946

www.momssupportingmoms.net

Postpartum Progress Blog

<http://www.postpartumprogress.com/weblog>

For more resources, please see our website at

www.womensmooddisorders.org



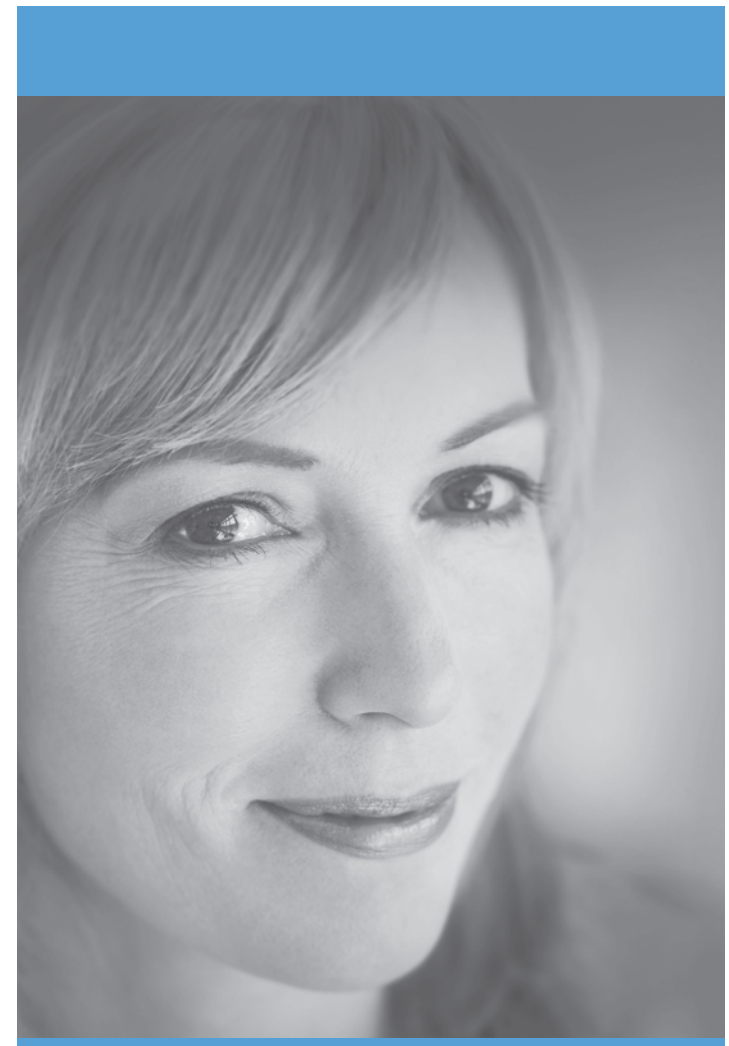
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DEPARTMENT OF PSYCHIATRY



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