

## WHAT IS PERINATAL DEPRESSION?

Depression or anxiety that occurs during or after pregnancy is called a perinatal mood disorder.

Pregnancy and caring for a new baby can be one of the most joyful and exciting times in a woman's life, but it's also hard work. It is natural for a woman to experience changes in her feelings and mood during pregnancy and after giving birth. However, if unpleasant feelings do not go away after a couple of weeks – or if they get worse – they could be signs of a perinatal mood disorder.

After the birth of the baby, many new mothers experience what is known as postpartum depression (PPD); others experience symptoms of anxiety and/or panic attacks. A mood disorder is a medical illness that can be effectively treated.

## WHAT ARE THE SYMPTOMS?

You may experience several of the following symptoms, either during pregnancy or after childbirth. It is important to seek help if symptoms last longer than a few weeks, or if symptoms are severe or worrisome.

- Feeling sad
- Crying a lot
- Anxiety
- Trouble concentrating
- Trouble sleeping
- Feeling emotionally numb
- Lack of energy
- Not interested in things you used to enjoy
- Not interested in your baby
- Fear of hurting your baby or yourself
- Feeling worthless or guilty
- Withdrawing from people
- Feeling Overwhelmed

Please talk to your doctor about services available through the UNC Center for Women's Mood Disorders, or visit our Web site at [www.womensmooddisorders.org](http://www.womensmooddisorders.org).

## HOW COMMON IS PERINATAL DEPRESSION

PPD occurs in at least 10% of births. It can happen after any birth, not just after the birth of the first child. It can be very difficult to recognize or admit feelings of depression or anxiety at a time when moms are supposed to be happy.

## WHAT CAUSES DEPRESSION DURING PREGNANCY OR THE POSTPARTUM PERIOD?

Experts do not know what causes depression during pregnancy or the postpartum period. Research suggests that it is triggered by changes in hormones and that some women are sensitive to those changes. Stress and lack of social support may also contribute. Recent studies indicate that depression often runs in families. We do not fully understand why depression occurs in some women and not others, or why it occurs with some pregnancies and not others.

## HOW IS PERINATAL DEPRESSION TREATED?

Help is available for depression during pregnancy or the postpartum period. Current treatments include antidepressants, estrogen therapy, psychotherapy or a combination of these methods.

To schedule an appointment, please call us at (984) 974-5217, Option #3. To schedule at Wake Med North please call (919) 445-0770.

## OUR SERVICES

The UNC Center for Women's Mood Disorders is directed by David R. Rubinow, MD, 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. The disorders treated include premenstrual dysphoria, depression during and after pregnancy, and menopausal depression.

The Perinatal Depression Program is directed by Samantha Meltzer-Brody, MD, MPH and staffed by UNC faculty, Mary Kimmel, MD, Chris Raines, NP, Edith Gettes, MD, Crystal Schiller, PhD, Amanda Harp, PhD, Susan Michos, PMHNP-BC, ANP, Elizabeth Cox, MD, Tiffany Hopkins, PhD, Erin Richardson, PMHNP-BC and Christina Burke, LCSW.

- **Outpatient Program** - provides assessment, treatment, and ongoing support for women experiencing these serious health challenges.
  - > Locations in Chapel Hill and Raleigh
  - > Medication management during pregnancy and lactation.
  - > Psychotherapy services including Interpersonal Psychotherapy, Mindfulness-Based Cognitive Therapy, and Partner-Assisted Therapy.
  - > Repetitive transcranial magnetic stimulation (rTMS).
- **Inpatient Unit**- offers state of the art care including comprehensive assessment and treatment, medication stabilization, and a vast range of individual and group therapies in a private, free-standing specialty inpatient care unit for the most severely ill patients. For referral to the Inpatient Program call (984) 974-3834.
- **Support Group** - the Postpartum Support Group is free of charge and open to the community. For details, please call (984) 974-3850, or email [Christena\\_raines@med.unc.edu](mailto:Christena_raines@med.unc.edu).

By working with doctors, nurses, psychologists, and social workers in the community, we will help you create the best plan to manage your symptoms and get you on the road to a healthier and happier time with your new baby.

## RESOURCES

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

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

NC Family Health Resource  
(800) 367-2229

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

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

American College of Obstetricians and  
Gynecologists (ACOG)

(800) 762-2264

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

National Women's Health Information  
Center

(800) 994-9662

[www.4woman.gov](http://www.4woman.gov)

Moms Supporting Moms  
Raleigh Support Group

(919) 454-6946

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

Postpartum Progress Blog

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



## UNC Center for Women's Mood Disorders Perinatal Psychiatry Program

Three Locations:

- **Vilcom Center, Chapel Hill**  
77 Vilcom Center Drive, Suite 300  
Chapel Hill, NC 27514  
(984) 974-5217, option 3

- **Rex Hospital, Raleigh**  
1st Floor, Rex Family Birth Center  
4420 Lake Boone Trail  
Raleigh, NC 27607  
(984) 974-5217, option 3

*Please specify appointment at the Rex location*

- **WakeMed North Hospital, Raleigh**  
10010 Falls of Neuse Road, Suite 205  
Raleigh, NC 27614  
(919) 445-0770 or email  
[crystal\\_rogan@med.unc.edu](mailto:crystal_rogan@med.unc.edu)

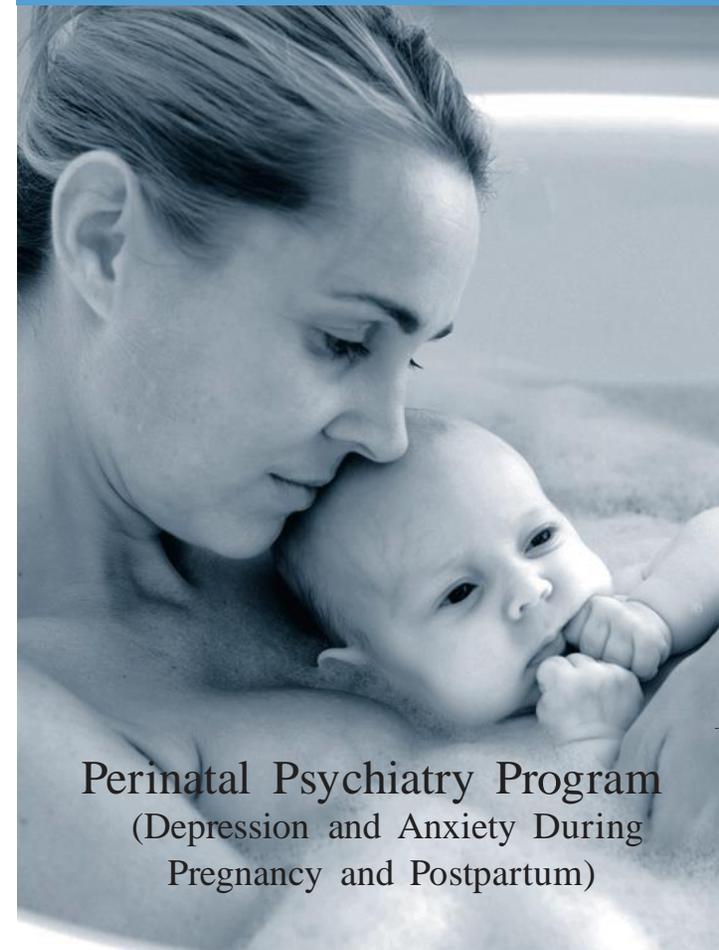
[www.womensmooddisorders.org](http://www.womensmooddisorders.org)



UNC  
SCHOOL OF MEDICINE



UNC  
SCHOOL OF MEDICINE



Perinatal Psychiatry Program  
(Depression and Anxiety During  
Pregnancy and Postpartum)

*UNC Center for Women's Mood Disorders*