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 919-445-0770.

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. 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-Boothy, 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 3 locations for the assessment and treatment of women with depression or anxiety disorders during pregnancy and the postpartum period. UNC clinicians 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.

- UNC Vilcom Center, Chapel Hill
- Rex Hospital, Women’s Center, Raleigh
- WakeMed North Hospital, Raleigh

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 comprised 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
- 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 984-974-3834.
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.nchalthystart.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

UNC Center for Women’s Mood Disorders
Clinic Locations

Vilcom Center, Chapel Hill
UNC Women’s Mood Disorders Clinic
77 Vilcom Center Drive, Suite 300
Chapel Hill, NC 27514
Appts: (984) 974-5217 - option 3

UNC Mental Health Specialists
(Private Practice)
77 Vilcom Center Drive, Suite 170
Chapel Hill, NC 27514
Appts: (919) 445-0770
uncmentalhealthspecialists.com/

Rex Hospital, Raleigh
UNC Specialty Women’s Center
1st Floor, Rex Family Birth Center
4420 Lake Boone Trail
Raleigh, NC, 27607
Appts: (984) 974-5217 - option 3
and specify appt at Rex

WakeMed North, Raleigh
UNC Women’s Mood Disorders Clinic
10010 Falls of Neuse Road, Suite 205
Raleigh, NC 27614
Appts: (919) 445-0770 or
email Crystal Rogan at
crystal_rogan@med.unc.edu

www.womensmooddisorders.org

Rev. 04/18/19