



Perinatal Mood Disorders Initiative

SUPPORTING EXPECTANT & NEW PARENTS

We can be helpful by:

- Talking with you about your pregnancy, birth and/or postpartum experiences
- Providing emotional support to pregnant & postpartum birthing people for up to one year postpartum
- Answering your non-medical questions about pregnancy & the postpartum period
- Recommending & connecting you with a support group for pregnant people or new parents
- Helping you to find a therapist if you aren't feeling like yourself emotionally
- Providing information about our web-based supportive & educational program for pregnant people & new parents

Call 732-937-5437, ext. 179

to speak with one of our experienced staff members