

You are not alone.



Up to 20 percent of new mothers will experience a prenatal mood or anxiety disorder.

Postpartum depression and anxiety may be caused by a combination of biological, psychological and social stresses and are considered a common complication of childbirth.

Symptoms can be experienced at any time. When left untreated, postpartum depression and anxiety can cause short and long-term consequences for the mother, her baby and their family.

We are here to help.

Contact us to learn more.

For a free screening or more information, please contact the Maternal Wellness Program:

Phone: (626) 397-2323



100 West California Boulevard
Pasadena, CA 91105
[www.huntingtonhospital.org/
postpartum](http://www.huntingtonhospital.org/postpartum)



**Huntington[®]
Hospital**

*Virtual Maternal
Wellness
Program*



*We're here to support
you through this time of
rebirth.*

Signs and symptoms of postpartum depression or anxiety may include:

- Anxiety, panic or excessive worry
- Change in appetite
- Difficulty concentrating or making decisions
- Difficulty doing daily tasks
- Difficulty sleeping or sleeping too much
- Difficulty feeling a connection to baby
- Extreme fatigue
- Fear of being alone or leaving the house
- Feeling of regret for having a baby
- Feeling of guilt or inadequacy
- Hopelessness or persistent sadness
- Intrusive thoughts related to the baby
- Isolating from friends or family
- Unexplained anger or irritability
- Thoughts of death or suicide



Huntington Hospital Virtual Maternal Wellness Program

Helping mothers and babies thrive.

From the comfort of your own home. Our virtual program offers treatment for women who have depression or anxiety in the postpartum period. We are a mother/baby program and highly encourage mothers to include their baby in treatment.

Individualized service is provided, keeping you and your baby's wellness in mind.

- Sessions held online (3 days a week)
- Evidence-based approach
- Group therapy
- Individual and family education
- Creative arts therapy
- Mindfulness/ relaxation/ yoga practice
- Lactation and dietary support

Community services.

- Referrals to outpatient providers and community services
- Workshops



Our multidisciplinary, compassionate team is here to help you feel better fast.

Meet our care team:

Clifford Feldman, MD, MFS, medical director

Smadar Rubinsky, LCSW, CLE licensed program therapist

Juliette Kurth, ASW, licensed perinatal yoga instructor

Most insurance plans are accepted. A physician referral is not needed.