



# New Perinatal Services at South Oaks Hospital



## Healthy Mom = Healthy Baby

We are pleased to announce a specialized track within our Adult Partial Hospitalization program – specifically focused on helping women who are pregnant or postpartum who have perinatal mood and/or anxiety disorders.

Women who participate may be feeling the symptoms of postpartum depression and other perinatal psychiatric disorders or reporting, including:

- Low energy and motivation
- Feelings of sadness or hopelessness
- Lack of interest in the baby
- Emotional distress
- Feelings of worthlessness or guilt
- Thoughts of harming the baby
- Thoughts of running away
- Worrying about the baby

### **You're not alone. We can help.**

The Perinatal Partial Hospital Services at South Oaks Hospital offers a comfortable, confidential, ambulatory environment. Our full-day program is offered Monday through Friday and most women benefit from 2 to 4 weeks of support. Since this treatment is outpatient, you will be able to return to your home and family each evening.

The supportive and experienced team at South Oaks Hospital includes nurses, social workers, case coordinators, therapeutic rehabilitation staff and vocational specialists who all have additional training in the care of women with perinatal mood and anxiety disorders. They are specifically trained to understand your situation and will use a combination of treatments, therapy, medication and interventions to help you feel better quickly and get back to your regular, healthy routine.

---

**Call us. We're here for you 24/7:  
(516 or 718) 470-4MOM.**

---

Transportation is available and we accept most insurances.

**Northwell Health South Oaks Hospital**  
400 Sunrise Highway  
Amityville, NY 11701  
[south-oaks.com/perinatal](http://south-oaks.com/perinatal)