

BROOKLYN PARENT SUPPORT INFORMATION FOR PATIENTS

WHAT IS PERINATAL DEPRESSION?

Depression experienced during pregnancy or within the first year after your baby is born. Symptoms may include:

- Feeling sad, depressed, or crying a lot
- Decreased interest in your pregnancy/being a mother
- Feeling guilty or worthless
- Difficulty sleeping
- Increased or decreased appetite
- Low energy
- Restlessness, irritability, or difficulty focusing
- Physical symptoms such as headache, chest pains, heart palpitations, or numbness
- Thoughts of harming oneself

WHAT IS PERINATAL ANXIETY?

Anxiety disorders such as generalized anxiety disorder [GAD], obsessive compulsive disorder [OCD], and/or panic disorder experienced during pregnancy or within the first year after your baby is born. Symptoms may include:

- Excessive worry
- Repetitive thoughts or images about bad things happening to the baby
- Compulsive behaviors
- Difficulty sleeping
- Panic attacks

WHAT IS POSTPARTUM PSYCHOSIS?

A form of psychosis that occurs after your baby is born, most typically within the first two weeks but can be anytime within the first year. Postpartum psychosis is *always* a psychiatric emergency. Often, the person struggling is not aware that they have this condition and those close to them may be the only ones to notice the signs. Symptoms may include:

- Delusions [thoughts not based in reality]
- Hallucinations [hearing or seeing things that only you can hear or see]
- Paranoia or suspiciousness
- Feeling agitated or having more energy than you usually do

WHAT SHOULD I DO IN CASE OF AN EMERGENCY?

If you are experiencing thoughts of harming yourself and have a plan to do so, go to the emergency room immediately or call 911. If you or your family notice signs of postpartum psychosis, go to the emergency room immediately or call 911. You can also call 988, the mental health crisis hotline.

WHAT TREATMENT OPTIONS ARE AVAILABLE AT BROOKLYN PARENT SUPPORT?

Mental health conditions during pregnancy and postpartum are common and treatable. We offer individual therapy, support groups, and medication management.

- Individual therapy involves talking with a therapist one on one.
- Medication management involves meeting with a provider to determine if you could benefit from medication to treat your mental health condition and following up to adjust your prescription as necessary.
- Support groups help to treat your mental health condition and develop community. Groups we offer include Mood Support for Pregnancy and Postpartum [free of charge] and LGBTQIA+ Parents Support Group [can be billed to insurance if in-network or \$50 out of pocket].

WHAT IS A MEDICATION CONSULT?

A medication consult involves meeting with a clinician to talk about the symptoms you are experiencing and any past medication history you may have. At the end of the visit, they can prescribe you medication.

WHAT ARE THE BENEFITS OF MEDICATION FOR PERINATAL MENTAL HEALTH CONDITIONS?

Medications can be a recommended treatment option for many conditions during pregnancy and postpartum including anxiety disorders, depression, bipolar disorder, and psychosis. Psychiatric Mental Health Nurse Practitioners [PMHNPs] at Brooklyn Parent Support can work with you to determine what medication[s] may work best for you and provide accurate information about medication use while pregnant or breastfeeding.

WHAT ARE THE BENEFITS OF THERAPY FOR PERINATAL MENTAL HEALTH CONDITIONS?

Therapy is considered one of the most effective treatment options for mental health conditions. Therapists at Brooklyn Parent Support are specially trained to help people manage their mental health during pregnancy and postpartum. Although Brooklyn Parent Support does not currently have openings for new therapy patients, we will provide trusted referrals.

WHAT IS THE DIFFERENCE BETWEEN THERAPY AND MEDICATION?

Therapy involves talking with a therapist one on one. Medication can be prescribed to you to take in addition to therapy or alone to help manage your symptoms.

WHAT ARE THE PAYMENT OPTIONS AT BROOKLYN PARENT SUPPORT?

We will work with you to determine your options for payment.

- We are in-network with United, Aetna, Oscar, Oxford, and Cigna. Brooklyn Parent Support providers are currently not in-network with any community plans (plans administered by Medicaid).
- If we do not accept your insurance and you have out of network benefits, you will be billed out of pocket. Brooklyn Parent Support's team can provide you with a superbill that can then be sent to your insurance company for reimbursement if you have met your deductible.
- If you do not have any of the accepted insurance plans or out of network benefits, you can pay out of pocket or Brooklyn Parent Support can provide you with in-network referrals.

WHAT IS A PSYCHIATRIC MENTAL HEALTH NURSE PRACTITIONER [PMHNP]?

A PMHNP is a registered nurse who has received a masters or doctorate degree in psychiatric care. We are specially trained to provide therapy and prescribe medications. Our nursing background helps us to emphasize education and shared decision making with patients. At Brooklyn Parent Support, our PMHNPs have specialized experience in helping patients with mental health conditions during pregnancy and postpartum.

ADDITIONAL INFORMATION FROM OUR PRACTICE MANAGER:

- Virtual appointments are conducted via TherapyNotes. In order to access the appointment you will need to login to the portal and click the link for Telehealth on the home screen.
- You can self-schedule and access all necessary forms by clicking on this link and creating an account: <https://www.therapyportal.com/p/bps1/>.
- We currently have no availability for therapy but we can provide referrals.