

# COPING WITH POSTPARTUM DEPRESSION?

## *You are not alone...*

### *Mothers' Circle of Hope*

**FREE**

Hospital-Based  
Postpartum  
Depression  
Support  
Group  
offered in  
Suffolk  
County



*\*Open to the public\**

St. Catherine of Siena Medical Center is proud to offer its local community a resource for women experiencing pregnancy and postpartum depression.

A 10-week program, along with peer support is now being offered to the community. One day a week, members meet and begin the road back to wellness.

Perinatal mood disorders are the number one medical complication related to childbearing. Approximately 10 percent of women may experience depression or anxiety during pregnancy and up to 20 percent within the first 12 months after having a baby.

Symptoms include frequent crying, sleep disturbances, feelings of anger/irritability, suicidal thoughts, and sometimes anxiety or panic attacks. The new mom may feel overwhelmed, inadequate, and unable to cope. Women and their families need to know they are not alone, it is not their fault and with help, the illness is treatable.

**Please call for more information about the next 10-Week session.**

**Please call (631) 870-3444 or email [postpartumsupport@chsli.org](mailto:postpartumsupport@chsli.org), if you are interested or would like to find out more information about the Mothers' Circle of Hope Support Group.**



**St. Catherine of Siena  
Medical Center**

**Catholic Health Services**

At the heart of health

50 Route 25A  
Smithtown, NY 11787  
(631) 870-3444  
[stcatherines.chsli.org](http://stcatherines.chsli.org)

