

# South Oaks Hospital Perinatal Partial Hospital Services



You're not alone. We're here to help.

Mood fluctuations, depression and anxiety during or after pregnancy are common symptoms that affect nearly 1 out of 5 women. If you are experiencing symptoms of postpartum depression or other perinatal psychiatric disorders, the Perinatal Partial Hospital Services at South Oaks Hospital will provide treatments and interventions to help you.

### Are you experiencing these symptoms?

The symptoms of postpartum depression and other perinatal psychiatric disorders may include:

- 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

### What programs are available to help you?

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 can benefit from 2 to 4 weeks of support.

### Who provides your treatment?

The supportive and experienced team at South Oaks Hospital includes nurses, social workers, case coordinators, therapeutic rehabilitation staff and vocational specialists who are all familiar with perinatal mood and anxiety disorders. We are all here to help you so you can return 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)