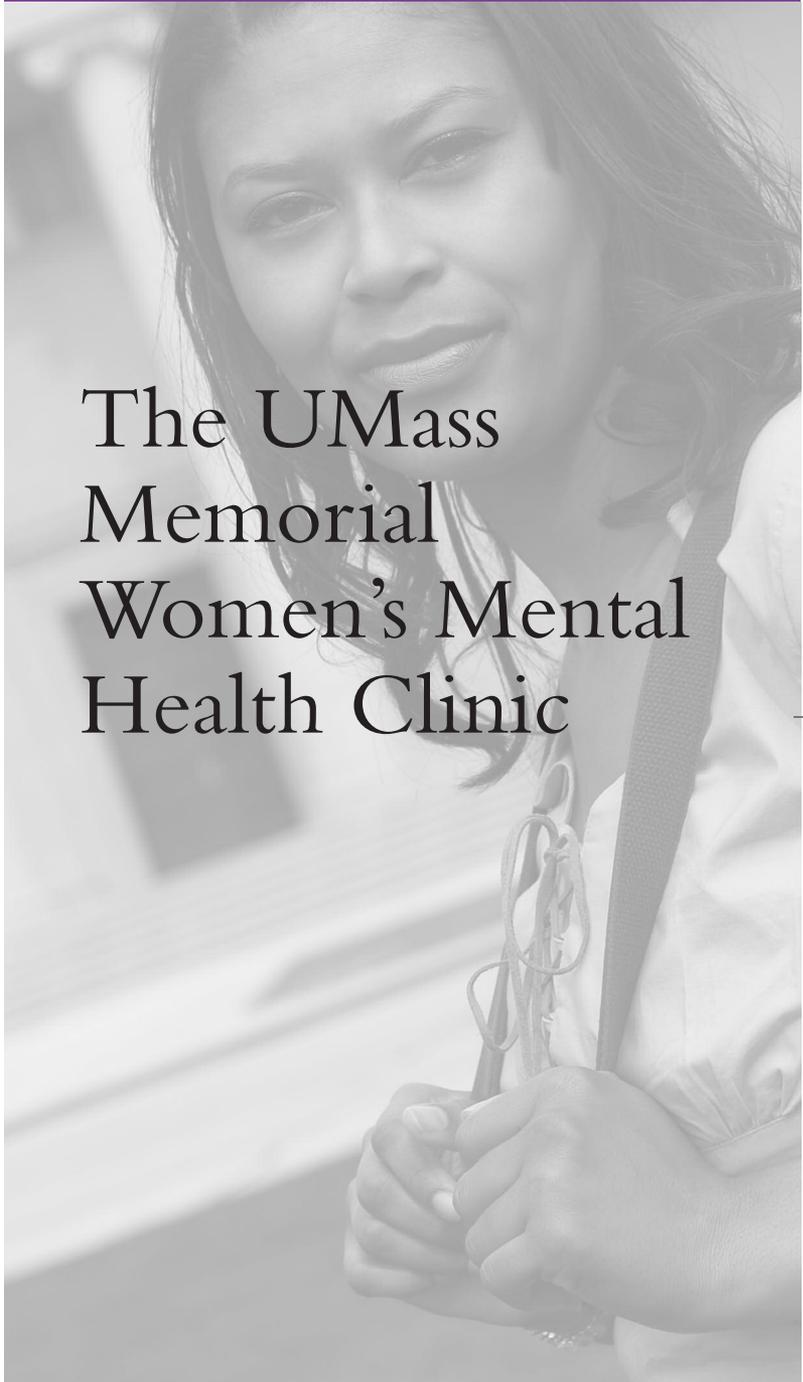


DEPARTMENT OF PSYCHIATRY

UMass Memorial Health Care is the largest not-for-profit health care system in Central Massachusetts with 1,500 physicians and more than 13,000 employees. Our comprehensive network of care includes teaching hospitals, affiliated community hospitals, outpatient clinics, community-based physician practices, and home health, hospice, rehabilitation and mental health services. UMass Memorial is dedicated to promoting health and wellness in the community, and is proud to be the clinical partner of the University of Massachusetts Medical School.

Contributions and memorial gifts to UMass Memorial Health Care are deeply appreciated. For information, call the UMass Medical School/UMass Memorial Development Office at 508-856-5520 or e-mail [giving@umassmed.edu](mailto:giving@umassmed.edu).



# The UMass Memorial Women's Mental Health Clinic



*UMassMemorial*

*Our Academic Partner*



**Department of Psychiatry**  
UMass Memorial – University Campus  
55 Lake Avenue North, Worcester, MA 01655  
Tel: 508-334-5101 [www.umassmemorial.org](http://www.umassmemorial.org)



*UMassMemorial*

## Our Mission

Our mission is to provide mental health services to women receiving obstetric and gynecologic care at UMass Memorial Medical Center. Care is provided by psychiatrists and is offered to women suffering from a mental health concern related to the premenstrual, pregnancy, postpartum or menopausal phases of life.

### *Frequently Asked Questions*

#### **Who should seek care at the Women's Mental Health Clinic?**

Women who are in need of treatment for mental health issues related to menstruation, pregnancy, postpartum concerns and menopause, or other matters related to reproductive health are cared for in our clinic.

#### **Who provides care at the Women's Mental Health Clinic?**

Care is provided by a specialized team of psychiatrists at UMass Memorial who have experience in caring for women in all reproductive phases of life.

#### **What clinical services are provided?**

At the first visit, the psychiatrist performs an evaluation. Treatment recommendations are then sent to the referring physician. Short-term treatment is provided as needed. In addition, our team also has expertise in prescribing psychiatric medications that can be taken while breastfeeding.

#### **How is an appointment made?**

An ob/gyn or primary care provider can assist with referrals. Patients can find out more by talking to their doctor or by calling 508-334-5101.

### *Common Women's Health Terms*

#### **Premenstrual Phase**

From five to seven days before the menstrual cycle, women can experience depressed moods, mood swings and irritability. More serious disorders include premenstrual syndrome and premenstrual dysphoric disorder.

#### **Postpartum Phase**

During the period immediately after birth and extending up to one year, a mother can be at risk of having depression or anxiety.

#### **Postpartum Blues**

The blues may include mild mood swings accompanied by anxiety, decreased concentration, difficulty sleeping and tearfulness that can start within days of delivering a baby and improve without treatment within two weeks after delivery.

#### **Postpartum Depression**

This includes more serious mood changes than those experienced during postpartum blues and starts weeks to months after delivering a baby. It may last months to years if not treated. Warning signs women may experience include:

- Low or increased appetite
- Inability to get out of bed in the morning
- Difficulty in caring for themselves or the baby
- Feeling like a failure or a bad mother
- Having scary thoughts of hurting themselves or their baby

#### **Menopause**

From the time the menstrual cycles become irregular, women can experience depression, anxiety or other mood disorders.