

# Maternal & Family Center at Care Plus NJ

## Promoting Maternal Mental Health Before, During & After Pregnancy

The Maternal & Family Center meets the mental health care needs for prenatal, pregnant, and up to two years postpartum women and families. This program is designed for women and families who are trying to conceive, are currently pregnant or postpartum, or who have suffered grief related to a pregnancy or loss of a young child. Specialty care is provided with expertise in treating the whole family, including pregnancy in teens and young adults.

**Did you know that more than 1 in 7 women experience changes in their mental health before, during and after pregnancy?**

### Have You Experienced...?

- Overwhelming exhaustion and fatigue
- Deep sadness or hopelessness
- Not feeling like yourself
- Withdrawal from family and friends
- Feelings of shame, guilt or inadequacy
- Lack of joy in life
- Severe mood swings
- Intense irritability or anger
- Difficulty bonding with the baby
- Excessive worrying

### Specialized Services

- Individual, family, and couples counseling
- Medication education, evaluation, and management
- Support groups
- Family support and education for dads, spouses, partners, and loved ones
- Case Management
- Care Coordination with primary care doctor, OB/GYN, outside mental health professionals
- Referrals to supportive services

**You are not alone, we are here for support!**



The Maternal & Family Center services are tailored to fit the individual needs of the women and families we serve. Our dedicated team of experts are specially training in perinatal mental health and are certified by Postpartum Support International.

**For more information or to make a referral, please call 201-986-5000**

Ask for the Maternal & Family Center | Monday - Friday | 9:00 am - 5:00 pm

Hours are flexible based on individual needs. Services are covered by most health insurance plans, however, individuals will not be denied services due to their inability to pay.



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[www.CarePlusNJ.org](http://www.CarePlusNJ.org)