



Services offered:

- Preconception Treatment Planning
- Psychiatric Assessment and Medication Management
- Individual and Group Psychotherapy

Available Locations

Hackensack University Medical Center
551-996-4450 ext. 2

Jersey Shore University Medical Center
Ocean University Medical Center
Riverview Medical Center
Southern Ocean Medical Center
732-295-6543 ext. 2

**In-Person and Telehealth
appointments available**

Hackensack Meridian *Health* Women's Mental Health

Where Healing Takes Root.

Hackensack Meridian *Health* provides expert evaluation and treatment for a wide range of psychiatric conditions affecting women during the childbearing years and beyond.

All Ages, All Stages, All In for Women's Mental Health. Populations we treat include:

- Individuals struggling with infertility and pregnancy loss
- Pregnant and postpartum individuals experiencing mood and anxiety disorders
- Women navigating the challenges of perimenopause and menopause

If you're experiencing any of the following symptoms, consider scheduling an appointment:

- Persistent sadness or anxiety
- Fatigue or low energy
- Difficulty sleeping or sleeping too much
- Mood swings or irritability
- Feeling overwhelmed or hopeless
- Changes in appetite or weight
- Difficulty concentrating

**Scan the QR code to make
an appointment:**



KEEP GETTING BETTER

 **Hackensack
Meridian *Health***