



**Johns Hopkins Bayview Medical Center**

## **Perinatal Mood Disorders Clinic**

*Community Psychiatry Program*



**JOHNS HOPKINS**  
MEDICINE

### **Perinatal Mood Disorders Clinic**

Community Psychiatry Program  
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The **Perinatal Mood Disorders Clinic** at Johns Hopkins Bayview provides mental health services to women ages 18 and older who are planning a pregnancy, currently pregnant or in their postpartum period, and who are struggling with depression, anxiety or bipolar illness.

Perinatal depression is a mood disorder that can affect a woman during her pregnancy and after the birth of her child. Between

15 and 20 percent of all women experience some type of pregnancy-related depression or anxiety. Those who are at a greater risk have:

- a personal or family history of mental illness
- a lower income
- a limited support system
- experienced stressful events or trauma



## Symptoms

Women may experience symptoms anytime during their pregnancy or within the first year postpartum. Symptoms differ for everyone, and might include:

- feelings of anger or irritability
- lack of interest in the baby
- appetite and sleep disturbance
- crying and sadness
- feelings of guilt, shame or hopelessness
- loss of interest, joy or pleasure in things
- thoughts of harming the baby or oneself



## Mission

The mission of the Perinatal Mood Disorders Clinic is to care for women who are experiencing pregnancy-related mental health symptoms that interfere with their ability to function and take care of their babies. Treatment and support is provided to both mothers and their families.

## Services

Our multidisciplinary team of physicians and licensed mental health therapists offer:

- Individual psychotherapy
- Group psychotherapy
- Family therapy
- Medication management
- Research opportunities

## Insurance

We accept Medical Assistance, Medicare and some private insurance.

**For more information or  
to schedule an appointment,  
call 410-550-0104.**