

YOU ARE NOT ALONE...

- As many as 1 in 7 mothers (1 in 10 fathers) experience symptoms of depression and anxiety during the postpartum period. People of every age, income level, race and culture can develop Perinatal Mood and Anxiety Disorders (PMADs) during pregnancy and within the first year after delivery.

• <https://postpartum.net>



Please contact us for more information or to schedule an appointment:



732-575-1111



access@brightharbor.org



Outpatient Office Locations:



1622 Beaver Dam Road
Point Peasant, NJ 08742



40 Bey Lea Road Building A
Toms River, NJ 08755



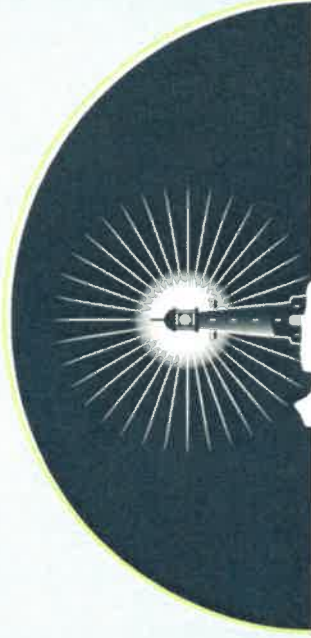
160 U.S. Rt 9
Bayville, NJ 08721



712 East Bay Ave Suite 21C
Manahawkin, NJ 08050



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H.O.P.E.S.

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Healing through
Outpatient Perinatal
Education & Support





The birth of a new baby tends to be talked about as a season of joyous & memorable times. This often leads parents prepared for a surge of positive moments without any preparation for the common spectrum of feelings, emotions, or hormonal reactions that frequently occur. The period of adjustment & growth can be accompanied by short term (baby blues) or prolonged (Perinatal Mood and Anxiety Disorder - PMADs) feelings of anxiety, sadness, or detachment. Regardless of where on the spectrum you resonate with more - there is support available to you.

WHAT WE DO

H.O.P.E.S. provides an opportunity for individuals to meet with a mental health care provider who can help navigate and process the emotions of postpartum.

SERVICES PROVIDED

- Individual Counseling
- Medication Management

EDUCATIONAL & SUPPORT GROUPS COMING SOON...

- Yoga for postpartum bodies
- Breastfeeding Educational Group
- Mother and infant bonding classes
- And more...

POSTPARTUM IS A QUEST
BACK TO YOURSELF.
ALONE IN YOUR BODY
AGAIN, YOU WILL NEVER
BE THE SAME. YOU ARE
STRONGER THAN YOU
WERE.

-Amethyst Joy

ELIGIBILITY

- Within one year of postpartum
- 18 years and older

EXCLUSIONARY CRITERIA

- Active substance use