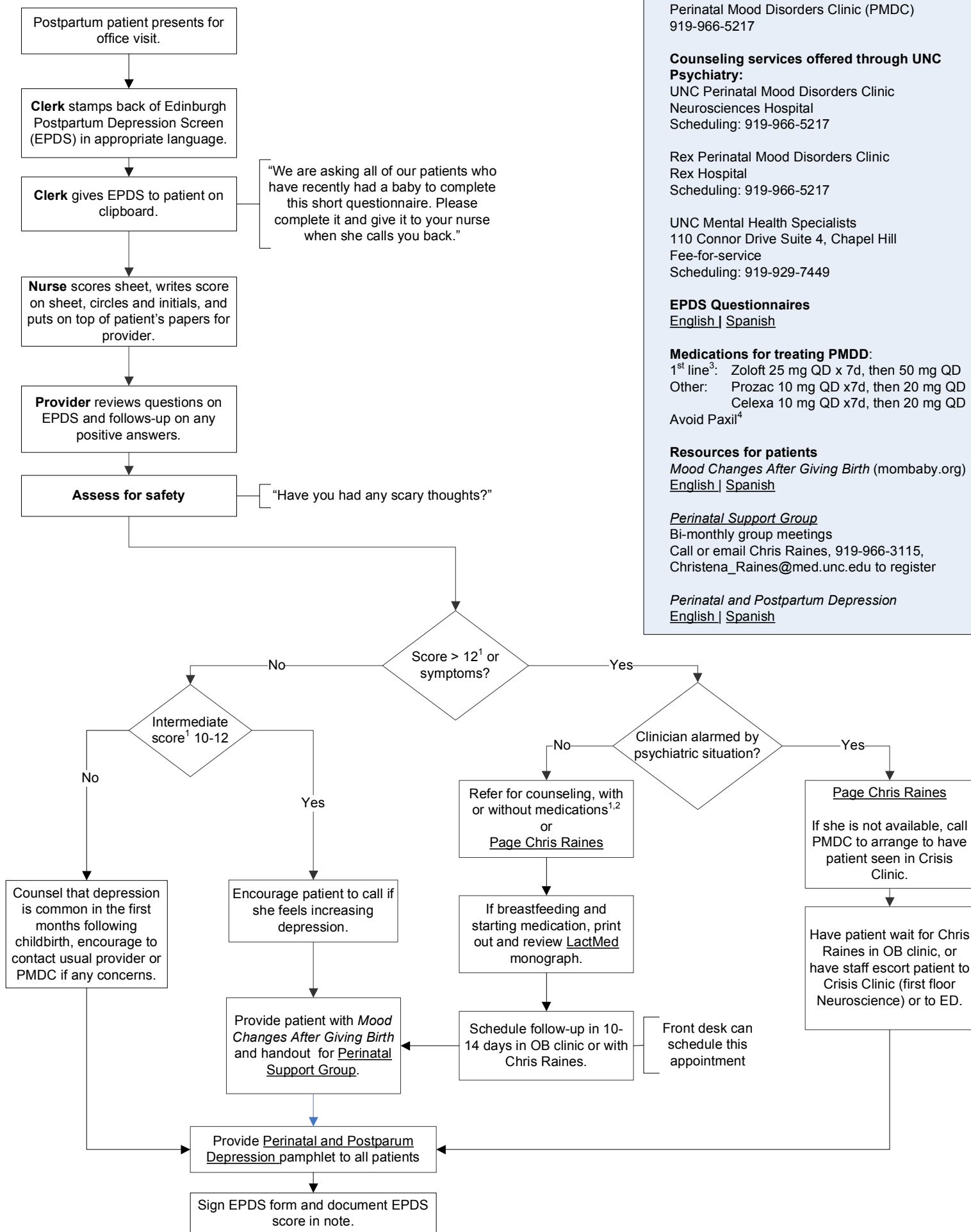


Postpartum Depression Screening and Treatment



Important Contact information:

Chris Raines pager
919-216-4061

Perinatal Mood Disorders Clinic (PMDC)
919-966-5217

Counseling services offered through UNC Psychiatry:

UNC Perinatal Mood Disorders Clinic
Neurosciences Hospital
Scheduling: 919-966-5217

Rex Perinatal Mood Disorders Clinic
Rex Hospital
Scheduling: 919-966-5217

UNC Mental Health Specialists
110 Connor Drive Suite 4, Chapel Hill
Fee-for-service
Scheduling: 919-929-7449

EPDS Questionnaires

[English](#) | [Spanish](#)

Medications for treating PMDD:

1st line³: Zoloft 25 mg QD x 7d, then 50 mg QD
Other: Prozac 10 mg QD x7d, then 20 mg QD
Celexa 10 mg QD x7d, then 20 mg QD
Avoid Paxil⁴

Resources for patients

Mood Changes After Giving Birth (mombaby.org)
[English](#) | [Spanish](#)

Perinatal Support Group

Bi-monthly group meetings
Call or email Chris Raines, 919-966-3115,
Christena_Raines@med.unc.edu to register

Perinatal and Postpartum Depression

[English](#) | [Spanish](#)