



Outpatient Therapy Designed Exclusively for Women in the Perinatal Phase

The World Health Organization (WHO) reports that 1 in 5 women will experience a mental health condition during their perinatal phase, which includes pregnancy and the first year postpartum. Untreated mental health concerns during this time pose a serious risk to a woman's well-being and impacts the health and development of her child.

The Women's Perinatal Intensive Outpatient Program (IOP) was created by physicians and therapists to address a wide range of concerns, including:

- Depression
- Anxiety
- Mood disorders
- Thoughts of harm to self or others
- Psychosis
- OCD

Our licensed, compassionate staff delivers patient-centered care that includes proven evidence-based therapy, holistic activities, medication management, and after-care planning to ensure long-term wellness.

ABOUT THE PROGRAM:

The path to better perinatal mental health begins with an assessment – a confidential conversation with one of our behavioral health professionals – to discuss a patient's social, emotional, and medical health. Patients may self-refer or be referred by a trusted community care provider.

The program meets three times per week, for an average of four to six weeks. Children up to 12 weeks can attend and we offer virtual options.

We accept most major insurance plans, as well as Indiana Medicaid. Questions about your benefits? We can help.

Call 24 hours a day, 7 days a week, for a confidential assessment.

Note: This program is not appropriate for patients whose primary mental health problems stem from the loss of a pregnancy or child or who are actively using substances.



There's hope. There's help.®

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