

Our team is here to help you manage your feelings and enjoy motherhood.

Need help now?

Call our Behavioral Health Help Line at 704-444-2400 or 800-418-2065.



Carolinan HealthCare System

**Carolinan Psychiatry and Behavioral Wellness**

16740 Davidson-Concord Road  
Davidson, NC 28036

[CarolinanHealthCare.org](https://www.carolinanhealthcare.org)

Carolinan Psychiatry and Behavioral Wellness

# Maternal Wellness Program

An innovative wellness program for mothers during and after pregnancy



Carolinan HealthCare System

From the excitement of conception to baby's birth and beyond, motherhood can be a rewarding and overwhelming experience. A mother may swing from joy to worry, and everything in between, but sometimes those feelings become hard to manage. If you or your loved one is anxious or depressed during or after pregnancy, we can help.

Carolinas HealthCare System's Maternal Wellness Program is for mothers who may need help managing their feelings during pregnancy and up to one year after birth. The program strives to make life easier and more pleasant so mothers can enjoy this special time.

## What is the Maternal Wellness Program?

Based on the Mothers and Babies® program, the Maternal Wellness Program aims to decrease the mother's stress and increase her positive thoughts and behaviors. With individual and group therapy, we assess the mother's thoughts, activities and support system to recommend strategies that lead to a healthier mood, eased depression or anxiety symptoms and a stronger bond with her child.



### When should you seek help?

If you or your loved one can answer yes to any of these questions, talk to your doctor.

- Is it difficult for you to enjoy yourself?
- Are you more irritable or tense?
- Are you worried, panicky or sad?
- Do you feel as if you are "out of control" or "going crazy?"
- Are you having difficulty bonding with your baby?
- Have you had thoughts of hurting yourself or your baby?

### How do you participate in the Maternal Wellness Program?

Your primary care doctor, OB/GYN or pediatrician can refer you to the program where our team of behavioral healthcare professionals will recommend the best course of treatment based on your symptoms.