

Pregnancy and Postpartum Wellness

Are you pregnant and feeling nervous or down? Have you recently had a baby and feel overwhelmed, sad, or anxious? Are you struggling to adjust to becoming a parent?

You are not alone. 1 in 7 mothers experience depression or anxiety during pregnancy or postpartum.

You are not to blame. Postpartum depression, anxiety, and OCD are distressing but common complications of childbirth.

With help, you will be well. If you are experiencing mood swings, irritability and anger, anxiety from a traumatic birth or NICU experience, sleep disturbances, or worries that you may harm your baby, contact:

Nicole M. Viscusi, LMHC

Now specializing in perinatal mood and anxiety disorders, offering counseling and psychotherapy during pregnancy and the postpartum period. Support is also available for fathers and partners.

For referrals, please contact an intake coordinator at (518) 689-0244, ext. 19 or 22.

Office located at 1 Pinnacle Place, Suite 102, Albany, NY 12203.

