

Note To Clinicians:

The Women's Health Clinic offers evaluation and treatment of psychiatric disorders associated with female reproductive function, including:

- ☞ *Mood, Anxiety and Psychotic Disorders* associated with pregnancy and post-partum symptoms
- ☞ *Adjustment Disorders* surrounding abortions, miscarriages, ectopic pregnancies and infertility
- ☞ *Peri-Menopausal and Post-Menopausal* mood and anxiety symptoms
- ☞ *Mood and Anxiety* changes associated with other areas including cancer diagnosis and sexual dysfunction
- ☞ *Premenstrual Syndrome (PMS) and Premenstrual Dysphoric Disorder*
- ☞ *Medication Management* in pregnancy and breastfeeding

Nelson Clinic Outpatient Psychiatry
Women's Health Clinic
401 N 11th St. Suite 200
Richmond, Virginia 23298
(804) 828-2000

**VCU Medical Center
Department of Psychiatry**

**Women's
Mental Health
Initiative**



VCU Department of Psychiatry

Women's Mental Health Initiative

Note to Patients:

Women's Mental Health Initiative

VCU's Department of Psychiatry is committed to the evaluation and treatment of women suffering from psychiatric disorders related to reproductive function.

Our mission is to provide excellent mental healthcare to women in an academic setting, while collaborating with other women's health specialties in an effort to stimulate and share knowledge.

As clinicians specializing in women's mental health we recognize that...

Women may experience "post-partum blues", including severe forms of depression and/or anxiety.

Women may experience post-partum psychosis including extreme mood swings, confusion, hallucinations, sleeplessness and irritability.

Women may experience menstruation with extreme irritability, depression, anxiety and/or mood swings. A smaller number of women may suffer from *Premenstrual Dysphoric Disorder*, affecting relationships and the ability to function.

Women who experience a pregnancy loss are at higher risk for anxiety and depression, especially those with a history of loss and/or depression.

Women in peri-menopause may have an increased risk for depression. Risk factors may include histories of depression, severe PMS, unemployment, death of a partner or child, health problems, or social stress.

Women function better with improved mental health.

If you feel that you may be suffering from one of the following conditions and would like an evaluation, please call (804) 828-2000:

- ☞ PMS or Pre-Menstrual Dysphoric Disorder
- ☞ Mood and/or Anxiety Disorders During Pregnancy
- ☞ Post-Partum Depression or Psychosis
- ☞ Depression Following an Abortion, Miscarriage or Infertility
- ☞ Mood and/or Anxiety Disorders Surrounding Menopause
- ☞ or Desire an Evaluation for Medications During Pregnancy or Breast-Feeding



Women's Mental Health Survey

Please check the box that reflects how often you have been bothered by the following problems during the last 2 weeks:

	Never	Rarely	Some	Lots
1. I have little interest or pleasure in doing things.				
2. I feel down, depressed or hopeless.				
3. I feel tired or have little energy.				
4. I feel bad about myself, that I am a failure.				
5. I have had thoughts that I am better off dead, or of hurting myself.				
6. I feel nervous or shaky inside.				
7. I feel tense or keyed up.				
8. I have spells of terror or panic.				
9. I am afraid to be in public places and feel uneasy in crowds.				
10. I avoid certain things, places or activities because they frighten me.				

<i>If you checked any of the above, how difficult have these problems made it for you...</i>	Not	Some	Very	Extremely
To do your work?				
To take care of things at home?				
To get along with others?				

HELP IS AVAILABLE

Contact the VCU Medical Center's Department of Psychiatry for more information about the Women's Health Clinic and available programs. You will be screened for possible treatment.

Mail this section with your name and phone number to:

Nelson Clinic Outpatient Psychiatry

Women's Health Clinic

PO Box 980253 ~ Richmond, VA 23298-0253

Your Name

(____) ____ - ____
Daytime Phone #