

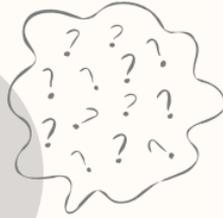
Perinatal Mental Health Concerns

Perinatal Anxiety

Symptoms: Excessive worry, panic attacks, physical symptoms

Impact: Increased stress, difficulty coping

Treatment: Cognitive-behavioral therapy, medication



Perinatal Depression

Symptoms: Persistent sadness, loss of interest, fatigue

Impact: Difficulty bonding, parenting difficulties

Treatment: Psychotherapy, medication, support groups

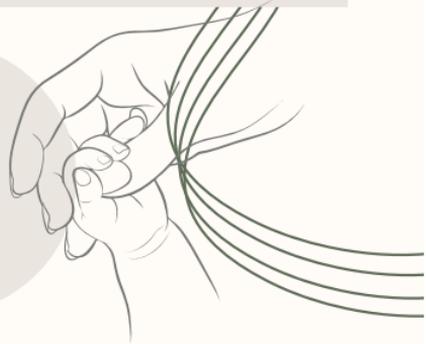


Perinatal PTSD

Symptoms: Intrusive thoughts, avoidance, hyperarousal

Impact: Hard to stay present and engaged in daily activities, difficulty bonding

Treatment: Trauma-focused therapy, medication, supportive care



Perinatal OCD

Symptoms: Intrusive thoughts, obsessions, compulsions

Impact: Increased anxiety, interference with parenting and daily tasks

Treatment: Exposure and response prevention (ERP), cognitive-behavioural therapy (CBT), medication



Perinatal Psychosis

Symptoms: Delusions, disorganized thinking, paranoia

Impact: Risk to mother and baby, impaired decision-making

Treatment: Stabilization and safety planning, medication, supportive therapy



DR. STEPHANIE SNOW

HATCH PSYCHOLOGY INC.

Hatch Psychology Inc. is dedicated to providing interventions for mental health and well-being during pregnancy and the first year postpartum (i.e., perinatal mental health).



Virtual psychological services for pregnancy and postpartum



Registered Psychologist (R1028), Nova Scotia Board of Examiners in Psychology



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TRAINING



PhD in Clinical Psychology from Dalhousie University in Halifax, Nova Scotia

Completed doctoral residency in Department of Clinical Health Psychology Max Rady College of Medicine in Winnipeg, Manitoba



Supervised practice in perinatal mental health at St. Boniface Hospital in Winnipeg, Manitoba

