



Understanding the Three Progressive Levels of Mood Management

MEDICATIONS: Generally speaking, after the first two steps are in place, if additional support is needed medications can potentially be beneficial.
(Risks in pregnancy/lactation, and long-term risks to mom and baby should be considered)

COUNSELING: Working with trained counselors to enhance coping skills and develop mood enhancing techniques and behaviors.
Behavioral Medicine Consultation Services through OB/GYN

SELF-CARE: The basic components of mood influencing behaviors.
(The things we all already know we should do, but don't always get done)
Self-Care General Recommendations