

Press Release  
For Immediate Release  
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## May Is Perinatal Mood Disorder Awareness Month; County Hosts Postpartum Depression Seminar

**HAUPPAUGE, NEW YORK** ... On Tuesday, May 4, from 5:00 to 8:00 p.m., the Suffolk County Office of Women's Services will host an informational program, "Pregnancy and Postpartum Depression: You Are Not Alone – It's More Than Just the 'Baby Blues,'" at the H. Lee Dennison Building, 100 Veterans Memorial Highway, Hauppauge.

Co-hosting this event are the Postpartum Resource Center of New York Inc., the Suffolk County Women's Advisory Commission, the Suffolk County Department of Health Services and the Suffolk Perinatal Coalition. A light dinner will be served at 5:30 p.m.

Guest speakers will include Carol Blocker, executive director and founder of Melanie's Battle; Mary Banahan, acting associate director and assistant professor of the physician assistant program at Touro College (Manhattan campus); and Helen G. Meyers, Ph.D., president of the Suffolk County Psychological Association.

"Postpartum depression affects some 4,000 new mothers in Suffolk County every year," according to Sonia Murdock, co-founder and executive director of the Postpartum Resource Center of New York. "It affects not only the mother experiencing these symptoms, but also the newborn infant and the other family members."

Deanna Marshall, director of Women's Services for the county said, "We are pleased to host this event to focus on increasing awareness on the part of individuals, health care providers, mental-health professionals and public servants."

In 2006, County Executive Steve Levy issued an executive order designating May as Perinatal Mood Disorders Awareness Month in Suffolk County. Also, in 2009 County Legislator Kate Browning introduced legislation to that effect, which was approved.

For more information about this event, contact Women's Services at (631) 853-8284 or email: [womens.services@suffolkcountyny.gov](mailto:womens.services@suffolkcountyny.gov).