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501 West High Street
Waynesburg, PA 15370



**CORNERSTONE CARE HAS SERVED
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Cornerstone Care is comprised of eight non-profit Federally Qualified Health Clinics (FQHC) with over 200 employees who are dedicated to provide comprehensive quality healthcare in Greene county, Washington county and Fayette county Pennsylvania.

**Psychiatry & Counseling Department
Central Office - Waynesburg**

501 West High Street
Waynesburg PA 15370
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Postpartum Depression Group Therapy



**Waynesburg, PA 724-627-4309
Kristina Liston, LCSW**

**Burgettstown, PA 724-947-2255
Jeanne Hepburn, LCSW**



The birth of a baby can trigger a jumble of powerful emotions, but it can also result in something you might not expect- depression

Many new moms experience the "postpartum baby blues" after childbirth. Baby blues typically begin within the first two to three days after delivery, and may last for up to two weeks. But some new moms experience a more severe, long-lasting form of depression known as postpartum depression.

Postpartum depression symptoms:

- Depressed mood or severe mood swings
- Excessive crying
- Difficulty bonding with your baby
- Withdrawing from family and friends
- Loss or increase in appetite
- Sleeping too much or too little
- Overwhelming fatigue or loss of energy
- Reduced interest/pleasure in activities
- Feeling worthless, ashamed, inadequate
- Diminished ability to concentrate
- Severe anxiety and panic attacks
- Recurrent thoughts of death or suicide or thoughts of harming your baby

About 15-20% of women will experience Postpartum Depression. If a woman has a history of depression PRIOR to becoming pregnant this can increase to 35-40%.

Treating Postpartum depression is imperative for both the health of the mother and the infant. **Treatment can include individual therapy, Group therapy, and/or Medication management.**

Therapy (Counseling) can include a variety of modalities including but not limited to: Interpersonal Therapy, Supportive Therapy, Cognitive Behavioral Therapy and Mindfulness based Therapy.

Cornerstone Care provides **Individual therapy, Group Therapy** and **Medication Management.**

Individual Therapy & Medication Management are available at each of our Psychiatry and Counseling Locations:

Burgettstown, PA

Greensboro, PA

Mount Morris, PA

Waynesburg, PA

Postpartum Depression Group Therapy is available in Washington County at our **Burgettstown, PA** location and in Greene County at our **Waynesburg, PA** location.

If you are interested in Individual Therapy, Medication Management, or Postpartum Depression Group Therapy please contact any of our locations.

Waynesburg, PA 724-627-4309

501 West High Street
Waynesburg, PA 15370

Burgettstown, PA 724-947-2255

1227 Smith Township State Road
Burgettstown, PA 15021



PSYCHIATRY AND COUNSELING DEPARTMENT

PROVIDERS

PSYCHIATRY (Child, Adolescent, & Adult)

Stephen M. Neal, D.O.- Medical Director
Dana Morton, M.D.

COUNSELING (Child, Adolescent, & Adult)

Jeanne Hepburn, LCSW
Sharon Inghram, LCSW
Kristina Liston, LCSW
Lisa Lewis, Ph.D.
Susan Swala, LCSW

NEUROPSYCHOLOGICAL TESTING (Adult only)

Lisa Lewis, Ph.D.

