

Having a baby  
is an exciting time  
in your life.

But if you have a mood or anxiety  
disorder, you may have questions  
or concerns about using psychiatric  
medications. Our Perinatal Consultation  
Clinic is here to help.



For more information or to schedule an  
appointment, please call us at 585-275-3750.

We look forward  
to serving you!

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Perinatal Consultation Clinic  
125 Lattimore Road  
Rochester, NY 14642  
[urmc.rochester.edu](http://urmc.rochester.edu)



Welcome to the  
Perinatal  
Consultation Clinic



## Who can benefit?

Our Perinatal Consultation Clinic provides mental health consultations to women with mood or anxiety disorders who are:

- Pregnant
- Planning a pregnancy
- Breastfeeding
- Seeking information regarding the use of psychiatric medications during pregnancy and/or breastfeeding

We also serve women who have recently given birth and are:

- Experiencing post-partum mood or anxiety disorders requiring medication assessment
- At high risk for developing a mood or anxiety disorder

**Although we do not provide ongoing psychotherapy or medication management, we make referrals to a therapist or psychiatrist, if needed.**

## What to expect during your appointment.

Our clinic takes place on Wednesday afternoons from 1 p.m. to 5 p.m. at 125 Lattimore Road in Rochester. During your initial consultation:

- A member of our perinatal consultation team will spend approximately 45 minutes with you to obtain your medical history.
- You will then receive a 45-minute consultation with Dr. Jennifer Richman, Medical Director for our Perinatal Consultation Clinic.



Dr. Richman has extensive experience treating perinatal mood and anxiety disorders.

Recommendations regarding treatment will be made to your referring provider or to a mental health provider if ongoing treatment is needed.

## Insurance and referrals.

As our patient, you will need appropriate referrals as required by insurance.

- Please check with your insurance provider to verify coverage prior to scheduling an appointment.
- Your insurance carrier will confirm if our Perinatal Consultation Clinic is an in-network provider or if a referral is needed from your physician.

We accept most major insurances, including Medicaid and Medicare.

All co-payments are also due when services are rendered.