

Innovative one- stop shop for pregnancy and postpartum mental health

The first of its kind in the Southeast, Better Beginnings provides collaborative mental health care for pregnancy and postpartum in one place.

ALACHUA, FLORIDA, UNITED STATES, December 28, 2018 /EINPresswire.com/ -- Up to one in five women will experience anxiety, depression, bipolar disorders and related illness during the time surrounding pregnancy and after delivery. Stigma, lack of awareness, and the need for childcare are often roadblocks to getting the right help. The additional burden of finding specially trained professionals in this specific part of the mental health field often leaves women and families without the right care. "We know untreated mental illness during pregnancy and after delivery results in vast negative outcomes; women and families should not be left in the dark when it comes to mental health during this time," said founder and CEO Lauren DePaola, LCSW. While up to 20% of women will experience a perinatal mental illness, only 15% of those women affected are able to find the right care to return to health.

[Better Beginnings](#) is a first of its' kind stand-alone health facility in Florida offering a range of care for pregnant and postpartum women including the Southeast's first Mother/Baby partial hospitalization day program for women experiencing more severe levels of anxiety, depression and other emotional distress symptoms. The program offers rapid access to collaborative, specialized care in an effort to prevent hospitalization and support prevention, identification and treatment of postpartum depression and related illnesses. "The collaborative relationship between psychiatry and mental health counseling at one place allows for communication between providers and the result of better care for the individuals and families we work with," adds DePaola.

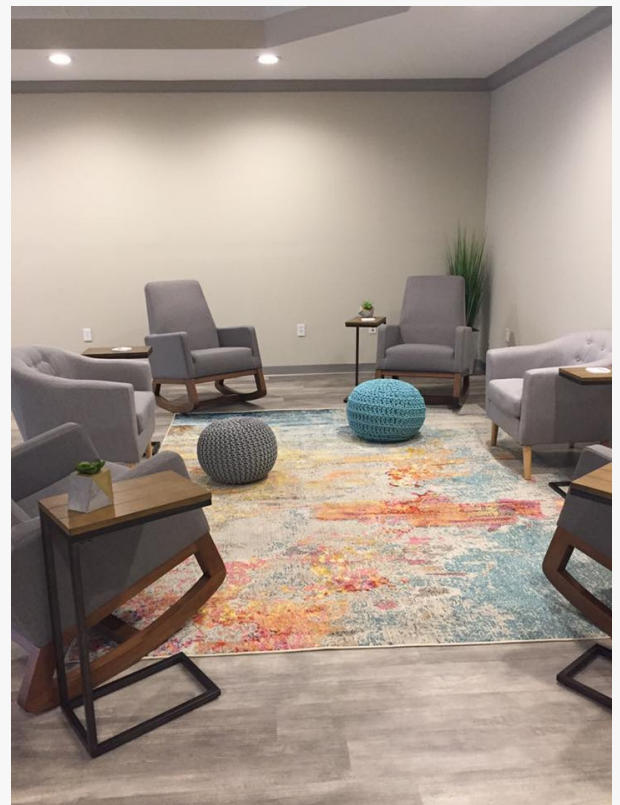
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Lauren DePaola, Founder/CEO

The quiet and relaxing nature of Main Street Alachua, Florida and the thoughtful decor and furnishings of Better Beginnings provide a comforting and inviting environment for those who come to the center. Families have additional services available that compliment mental health care including free support groups, acupuncture, yoga and massage. The on-site nursery care removes the

large and expensive barrier of finding child care.



Group space at Better Beginnings

Better Beginnings is a private mental health facility specializing in caring for individuals, couples and families during the time surrounding pregnancy and early parenthood, including post-adoption care.

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If you would like more information, please call (352) 462-9484 or email Lauren@BetterBeginningsFL.com

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