



# Alternative BEHAVIORAL CARE

FOR IMMEDIATE RELEASE

## **St. Louis's First Exclusively Women's Mental Health Program**

***As women our bodies are different from men in significant ways.  
When treating mental health issues hormonal influences cannot be ignored.  
Hormonal influences such as menstruation, menopause and pregnancy require  
knowledge of their unique effects on our bodies and our mental health.***

ST. PETERS, MO MARCH 2015

Alternative Behavioral Care is proud to announce the opening of their Exclusively Women's Services Program unique to the St. Louis metropolitan area. The team of female counselors and psychiatrists is the first in the area to offer psychiatric medication management, medication safety for pregnant or nursing women, peer support groups, hormonal testing and much more just for women.

It is not uncommon for women to face unique challenges in their emotional and mental health. "Psychiatric illnesses such as depression and anxiety may change or exacerbate during different stages of a woman's reproductive life. Premenstrual, pregnancy, and perimenopause are all life stages that must be considered when diagnosing mental health concerns and prescribing medication. Not considering the role of hormones is a disservice to women and the people who love them." - Dr. Seraji, Medical Director of Alternative Behavioral Care's Women's Services Program.

The challenges and mental health issues women face can be unique to females, and treating them differently with a team of professionals who understand and specialize in women's mental health allows the treatments to be more individualized and focused. Alternative Behavioral Care's providers share a strong commitment to healthy women, children, and families as a whole.

The Women's Program is scheduled to start as of April 1, 2015. Various days and times are available for clients' convenience. Clients should call ABC to schedule a complimentary assessment.

## About Alternative Behavioral Care

Alternative Behavioral Care is an independent outpatient psychiatric clinic treating children, teens, and adults with emotional, mental health, and substance use issues. Their goal is to treat the whole client in one setting, offering psychiatric consultations, case management, family therapy, group therapy, and individual attention. ABC's specialty programs include:

- Child Services (age 4-12)
- Adolescent Mental Health and Substance Abuse Programs (age 12-17)
- Exclusively Women's Services
- Adult Mental Health and Substance Abuse Programs (age 17 and up)
- Medication Assisted Recovery Suboxone Services
- Alcohol Addiction Programs

For more information about each program  
visit [www.AlternativeBehavioralCare.com](http://www.AlternativeBehavioralCare.com)

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