UNC Center for Women’s Mood Disorders was created in January 2006, under the leadership of the Chairman of the Department of Psychiatry, Dr. David Rubinow, an international expert in the evaluation and treatment of women with reproductive mood disorders. The Center offers an integrated clinical and research program with a multidisciplinary treatment approach involving, genealogic and mental health interventions to treat depression during pregnancy, Postpartum Depression (PPD), Pre-Menstrual Dysphoric Disorder (PMDD), and Perimenopausal Mood Disorder. The Center has undergone significant growth and expansion over the past few years in clinical, research, and educational areas. Investigators in the UNC Center for Women’s Mood Disorders hold multiple funded R01 studies, institutional pilot grants and foundation grants. In addition, the Center sponsors an annual Women’s Mental Health conference that provides a platform for disseminating new research findings to clinical providers in North Carolina and beyond.

The clinical arm of the UNC Center Women’s Mood Disorder includes the Perinatal Mood and Anxiety Disorders Program, The Menstrually Related Mood Disorders Program, The Women’s Mood Disorders Psychotherapy Program, and most recently, the Perimenopause Evaluation and Treatment Program. Under the umbrella of these services, UNC physicians, psychologists, nurses, midwives, counselors and social workers work together to provide pharmacotherapy and empirically supported psychotherapy for reproductive-related mood disorders. Clinical services are provided at multiple outpatient locations with more than 2000 patient visits each year.

The center also supports the first specialty Inpatient Perinatal Psychiatry Unit in the United States. This free-standing 5-bed Inpatient Unit, directed by Dr. Mary Kimmel, was newly renovated in 2011 to provide state of the art, specialty care for women suffering from severe perinatal psychiatric issues. This Perinatal Psychiatry Unit sees approximately 100 patients per year.

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