

PERINATAL MENTAL HEALTH CONSULTATION LINE

What?

Telephone Consultation
Liaison Coordination
Provider Education

For Whom?

Family Medicine, Obstetrics, and
Gynecology serving persons
contemplating pregnancy,
pregnant, and postpartum.

How?

Call 802-847-4758



support
DELIVERED

Perinatal Psychiatric Consultation Service

- » As many as **1 in 5** women suffer from symptoms of depression and/or anxiety during the perinatal period
- » **Perinatal Mood and Anxiety Disorders (PMADs)** are the most common complication associated with childbearing
- » **Prescribing clinicians may be the first, and possibly the only, providers to work with Vermonters and families struggling with PMADs**
- » **Professional consultation** and resources regarding PMADs are available for obstetrics & gynecology, primary care, pediatric, psychiatric, and other community providers

Services include:

- » GUIDANCE AROUND PRESCRIBING PSYCHOTROPIC MEDICATIONS TO THE PERINATAL POPULATION
- » GUIDANCE ON SCREENING, ASSESSMENT, DIAGNOSIS, AND RECOMMENDED TREATMENT STRATEGIES

Free consultations are available for medical providers
Call (802) 847-4758

- » This is not an emergency service. The service does not provide direct treatment—only support for clinicians providing patient care
- » This is a free service provided in collaboration with the Vermont Department of Health

For additional information on PMADs and Vermont-specific resources visit

SupportDeliveredVT.com



The Vermont Department of Health and the Vermont Department of Mental Health are collaborating on the Screening, Treatment, & Access for Mothers & Perinatal Partners (STAMP) 5-year cooperative agreement funded by HRSA to help expand perinatal mental health services in Vermont.

