

Perinatal Mental Health Care Pathway

Nipissing and Parry Sound Districts

1

Ask

- Ask every pregnant and postpartum person about their mood and well-being to identify the need for support and treatment.

2

Advise

- Perinatal mood and anxiety disorders are common (estimated 1 in 5) and treatment is available.
- Discuss the importance for all parents to practice self-care and use formal/informal supports.

3

Assess

- Assess mental health status, or facilitate a comprehensive mental health assessment.
- Visit myhealthunit.ca/pathway for fillable screening tools.

4

Assist

- Recommend or implement a treatment step.
- [See back for treatment](#) steps & available community resources.

5

Arrange

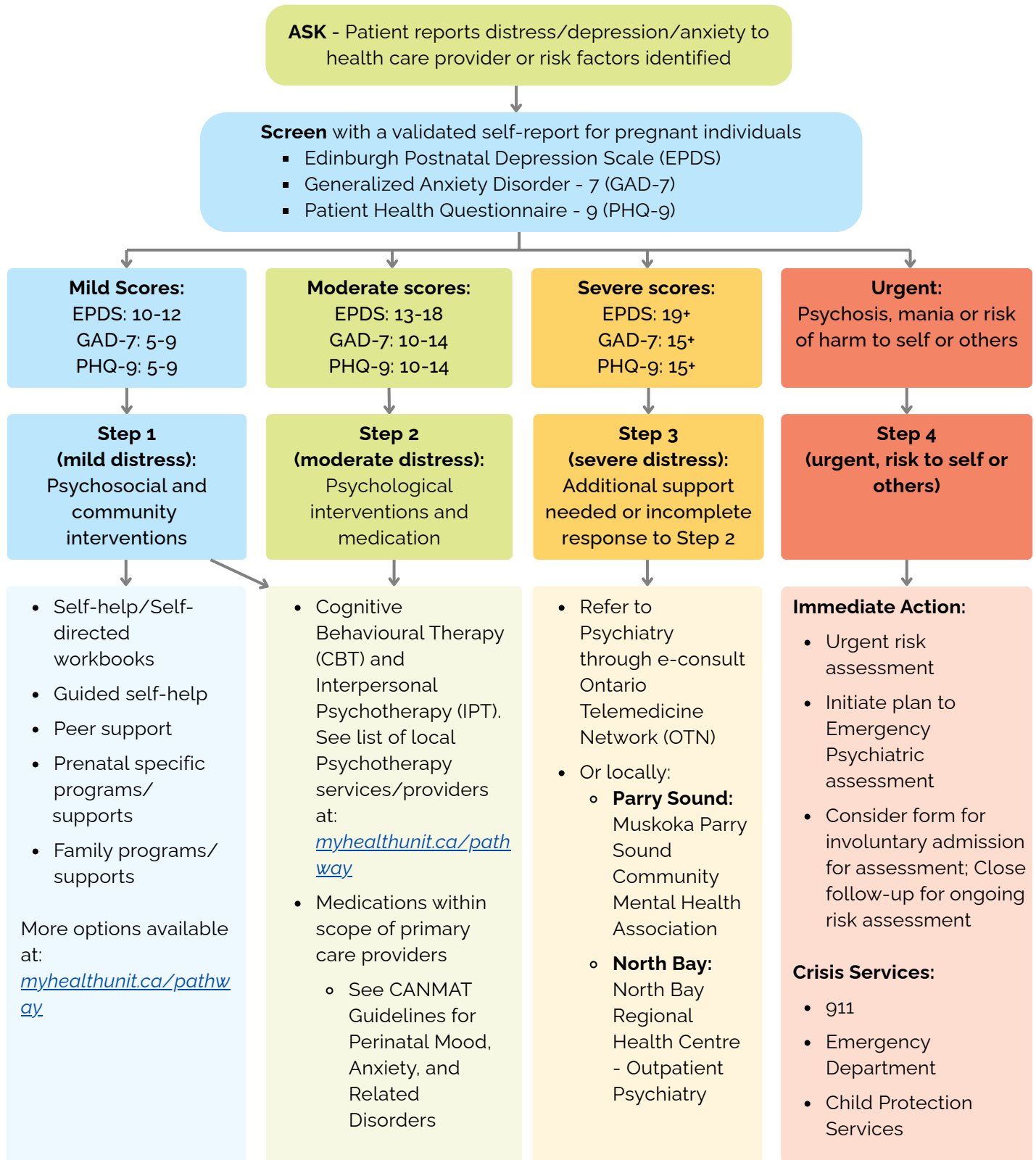
- Follow-up to monitor and modify plan as required.
- Clearly identify which health professional is providing follow-up care.



For the full pathway document and resources, visit
myhealthunit.ca/pathway

Desk Reference

Treatment Stepped Care Approach



For feedback or more information, please contact:
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