

# 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](https://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](https://myhealthunit.ca/pathway)

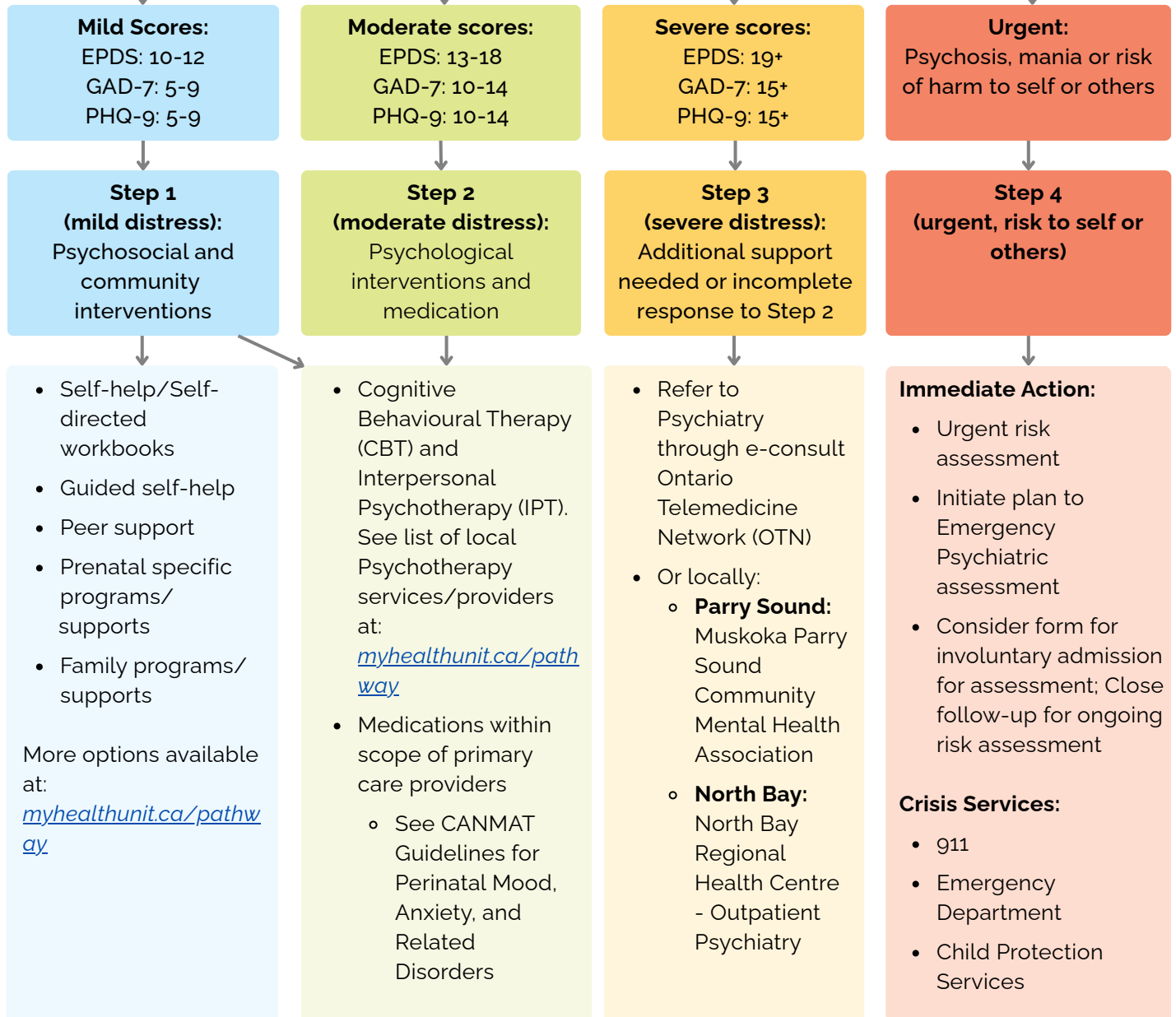
# Desk Reference

## Treatment Stepped Care Approach

**ASK** - Patient reports distress/depression/anxiety to health care provider or risk factors identified

**Screen** with a validated self-report for pregnant individuals

- Edinburgh Postnatal Depression Scale (EPDS)
- Generalized Anxiety Disorder - 7 (GAD-7)
- Patient Health Questionnaire - 9 (PHQ-9)



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