



## What is perinatal mental health?

Perinatal mental health refers to the direct relationship between a person's mental health experience and their pregnancy and/or postpartum period, which is defined as one year after birth. The data reveals that untreated mental health conditions carry various risks for the expectant patient and baby.

## Learn more

For more information, email [perinatalopmh@covenanthealth.ca](mailto:perinatalopmh@covenanthealth.ca) or phone 780-735-2792.

### **Clinic location:**

Misericordia Mother Rosalie  
Health Services Centre  
2nd floor, room 201  
16930 87 Ave  
Edmonton AB T5R 4H5

# Perinatal outpatient mental health clinic

Providing early intervention,  
preventative care and access  
to mental health supports  
for your perinatal patients

# Introducing the perinatal outpatient mental health clinic

The perinatal outpatient mental health clinic pilot project will support perinatal patients experiencing mental health challenges through pregnancy (from 12 weeks' gestation) to one-year post-partum.

Operating from the Misericordia Mother Rosalie Health Services Centre, the clinic provides timely, accessible and evidence-based treatment for people experiencing mental health challenges directly related to their perinatal experience.

The interdisciplinary team, consisting of two psychiatrists, mental health nurses, a clinical social worker and spiritual care will provide accessible, evidence-based support, including, but not limited to:

- Initial intake and treatment planning between the mental health clinician and the patient
- One-to-one support with mental health clinician
- Perinatal groups that provide Dialectical Behaviour Therapy (DBT)-focused psychoeducation
- Drop-in support groups, where the perinatal patients and their babies are welcome
- Social work, spiritual care and psychiatry consultations



## Patient eligibility criteria

### Inclusion criteria

- 18 years of age or older
- Has primary care physician in community
- 12 weeks pregnant to one-year post-partum

### Exclusion criteria

- Under 18 years of age
- Primary addictions disorder
- Under care of a psychiatrist (Please note – a psychiatrist-to-psychiatrist consult may be arranged)
- Third-party assessments (e.g. lawyer/court, child welfare, WCB, AISH)

## Referral process

The perinatal outpatient mental health clinic is accepting referrals starting Jan. 6, 2025, from:

- Emergency department physicians/psychiatrists at the MCH
- Obstetricians, physicians, psychiatrist and midwives with admitting and/or birthing privileges at MCH
- NICU staff/social workers at the MCH
- Nurses working in the programs mentioned above

There are two ways to refer your perinatal patients:

- Connect Care – look for EDM MCH AMH PERINATAL
- Referral forms can be found on [covenanthealth.ca/perinatal-clinic](https://covenanthealth.ca/perinatal-clinic) and faxed to 780-735-2549