

What is perinatal mental health?

During the perinatal period, pregnancy through one year after birth, women may experience struggles with their mental health that affects their mood, day-to-day functioning and relationships. If left untreated these symptoms can interfere with a woman's ability to build healthy bonds with her baby, adjust to her new role as a mother, and carry out the tasks of everyday living.

Learn more

For more information, email 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 women in the perinatal period.

Covenant Health

Introducing the perinatal outpatient mental health clinic

The perinatal outpatient mental health clinic aims to support perinatal patients experiencing mental health challenges including mood changes, symptoms of anxiety, depression and intrusive/disturbing thoughts. These symptoms may be pre-existing and increased, or newly manifesting during this period.

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.

Services offered:

- Six one-to-one sessions with a mental health clinician
- 15-week Dialectical Behavior Therapy (DBT)-focused psychoeducation group
- Perinatal Connections - 5-week psychoeducation group
- Consults: Psychiatry, spiritual care, social work



Patient eligibility criteria

Inclusion criteria

- 18 years of age or older
- Valid Alberta Health Care number
- Has primary care physician in the community
- 12 weeks pregnant to one-year post-partum

Exclusion criteria

- Under 18 years of age
- Primary addictions disorder
- If a patient has an existing psychiatrist, a perinatal psychiatric consultation will not be offered. Psychiatrist to psychiatrist consult may be arranged. However, the patient can be referred for all other programs offered by the perinatal outpatient mental health clinic.
- Third-party assessments (e.g. lawyer/court, child welfare, WCB, AISH)
- Traumatic birth
- Fetal loss

Referral process

The perinatal outpatient mental health clinic is accepting referrals from the below health professionals in the Edmonton Zone:

- Emergency department physicians/ psychiatrists
- Obstetricians, physicians, psychiatrist and midwives
- NICU staff*
- Nurses and social workers*

**Referrals require an authorizing physician's name.*

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 and faxed to 780-735-2549

✱ ***Please note that psychiatrists do not accept direct referrals from community physicians. Psychiatrists provide consultation services at the discretion of the clinic's primary clinicians and are unable to offer ongoing follow-up care or prenatal consultations. Clients may only be seen while actively attending the clinic.***