

What to Expect at the Reproductive Mental Health Program

At your first appointment, you will be seen by one of the program Psychiatrists, either in-person or virtually. Our Psychiatrists are medical doctors specializing in the mental health of pregnant and postpartum women.

All information will be treated as confidential and we will only share information with your referring provider and other healthcare providers you may choose.

Your first appointment will last approximately 1 – 1.5 hours. Please have any medications that you are currently taking at your appointment. If you are coming to the clinic for your appointment, be sure to allow yourself adequate time to secure parking. The clinic is a family friendly environment so feel free to bring your baby. You will receive an automated reminder call prior to your appointment. Please note this call will reference the Healthy Minds Centre.

Prior to meeting with the Psychiatrist, you will be asked to fill out some questionnaires online. These will help us screen for conditions that are common in pregnancy and postpartum.

The Psychiatrist will ask you many questions in order to understand what your main concerns are and how they can help you. These questions may include enquiries about:

- any previous mental health symptoms and/or diagnosis and any treatment you received
- any family history of mental illness and
- your early childhood experiences

At the end of the appointment, you and the Psychiatrist will discuss your situation and treatment options available to you, including psychological treatment and treatment with medications. Some patients find this first appointment can be quite emotional and draining. If possible, we recommend that you allow yourself some time and space for self-care and processing after the appointment, before returning to work or other commitments.

After this initial appointment, you may be referred for a follow-up appointment with the Psychiatrist or another member of the multidisciplinary team; these may be limited to 1-4 appointments. There may also be opportunities to participate in group therapy or attend educational sessions with other parents.

It may be helpful to explore our website: www.reproductivementalhealth.ca.

It includes information about the most common conditions experienced by women seen in our clinic, including depressive disorders, anxiety disorders, bipolar disorders and postpartum psychosis. On the website you can also find information about community resources, including the Pacific Postpartum Support Society.

If you are concerned that your mood, anxiety or ability to function are getting worse while you are waiting to be seen, **your referring health care provider** can discuss your case with one of our psychiatrists by calling: **604 875 2025**.