



# CHILDREN'S & WOMEN'S HEALTH CENTRE OF BRITISH COLUMBIA

AN AGENCY OF THE PROVINCIAL HEALTH SERVICES AUTHORITY

## Reproductive Mental Health

4500 Oak Street  
Vancouver BC V6H 3N1  
Phone: 604 875 2025  
Fax: 604 875 3115

## Referral Form for Reproductive Mental Health Program

Please Fax Completed Form to **604 875 3115**

- Our multidisciplinary program specializes in the diagnosis and treatment of psychiatric disorders in pregnancy and postpartum
- We also offer a psychiatric consultation and limited treatment, if required, for patients experiencing psychiatric disorders associated with pregnancy loss, infertility and PMS/PMDD
- We offer telephone consultation for health care providers who want to discuss patient management, including medication use in pregnancy and breastfeeding. Call **604 875 2025** Mon-Fri 9:00 am-4.30pm
- Another resource is our website:  
<http://www.bcchildrens.ca/our-services/mental-health-services/reproductive-mental-health>
- We will contact the patient directly with the appointment date and inform your office **by fax** of the appointment
- This is a teaching hospital affiliated with the UBC Department of Medicine. Patients may be seen by a resident or a medical student

NAME: \_\_\_\_\_ TODAY'S DATE: \_\_\_\_\_  
FIRST MIDDLE LAST (AS APPEARS ON CARE CARD)

ADDRESS: \_\_\_\_\_  
APT/STREET # STREET NAME CITY POSTAL CODE

TELEPHONE: HOME: \_\_\_\_\_ CELL: \_\_\_\_\_ EMAIL: \_\_\_\_\_  
OPTIONAL

CARECARD #: \_\_\_\_\_ BIRTH DATE: \_\_\_\_\_  
D/M/Y

REFERRING MD/NP/MW: \_\_\_\_\_ BILLING #: \_\_\_\_\_

OFFICE TEL #: \_\_\_\_\_ FAX #: \_\_\_\_\_

FAMILY DOCTOR\*: \_\_\_\_\_ PHONE #: \_\_\_\_\_

**\*\*\*We will not process the referral unless the patient has a family physician\*\*\***

PSYCHIATRIST (please provide consultation note): \_\_\_\_\_

MIDWIFE: \_\_\_\_\_ OB/GYN: \_\_\_\_\_

MCFD INVOLVEMENT: If yes, **Social Worker**: \_\_\_\_\_

DOES YOUR PATIENT REQUIRE AN INTERPRETER?  NO  YES: \_\_\_\_\_

LANGUAGE

**REASON FOR REFERRAL:**

**PREGNANCY:** No. of weeks: \_\_\_\_\_ Due Date: \_\_\_\_\_

**POSTPARTUM:** Date of delivery\*: \_\_\_\_\_

**\*\*\*Please note: your patient will be discharged when they are 1 year postpartum\*\*\***

*The following patients will be provided with a psychiatric consultation. They might also receive time-limited treatment, if required:*

**PRE PREGNANCY/MEDICATION CONSULTATION**

**PREGNANCY LOSS:** Date of loss: \_\_\_\_\_ No. of weeks: \_\_\_\_\_

**INFERTILITY**

**PMS/PMDD:** Patient must attend a group session before seeing the psychiatrist

**CURRENT** psychiatric symptoms or diagnosis:  **Depression**  **Anxiety**  **Psychosis**

**Mania**  **Suicidal Ideation**  **Substance Abuse**  **Other:** \_\_\_\_\_

**PAST** psychiatric symptoms or diagnosis:

RELEVANT MEDICAL HISTORY/ADDITIONAL DETAILS:

CURRENT MEDICATIONS:



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Vancouver, BC V6H 1N4  
Phone: 605 875 2025

## What to Expect During Your First Visit

At your first appointment, you will be seen by one of the program Psychiatrists. Our Psychiatrists are medical doctors specializing in the mental health of pregnant and postpartum women, women dealing with pregnancy loss, infertility, or mood changes related to their menstrual cycle.

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 bring any medications that you are currently taking to 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.

Prior to meeting with the Psychiatrist, you may be asked to fill out some questionnaires in person or online.

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

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

At the end of the appointment, you and the Psychiatrist will discuss your condition and treatment options, including psychological treatment and treatment with medications, if indicated. At that time, you may be referred for a follow up appointment with the Psychiatrist or another member of the multidisciplinary team.

While you are waiting for your first appointment, it may be helpful to look at our websites: <http://www.bcchildrens.ca/our-services/mental-health-services/reproductive-mental-health> or [www.reproductivementalhealth.ca](http://www.reproductivementalhealth.ca). You can learn 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 learn 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**.