



support DELIVERED

Mental Health Resources for Expecting + New Parents

- » **Perinatal mood and anxiety disorders (PMADs) are common and treatable.**
- » **As many as 1 in 5 women are affected,** making it the leading complication in pregnancy and the postpartum period.
- » There is evidence that **fathers, partners, and foster or adoptive parents** are similarly at risk from the stress of welcoming a baby.
- » Left untreated, PMADs can have **profound and lasting impact** on parents, children, and even entire families.
- » **Universal screening** for PMADs by a trusted medical provider is a critical step in identifying individuals in need of treatment, especially when many may be reluctant to open up about their symptoms.

Assistance for Medical and Mental Health Providers:

Perinatal Mood and Anxiety Psychiatric Consultation Service at UVMHC—Perinatal psychiatric consultation and educational resources on PMADs are available for obstetric, primary care, pediatric, and psychiatric providers. Services include:

- » **PROVIDER TRAINING AND EDUCATION**
- » **TECHNICAL ASSISTANCE IMPLEMENTING SCREENING**
- » **GUIDANCE AROUND PRESCRIBING PSYCHOTROPIC MEDICATIONS FOR THE PERINATAL POPULATION**

Medical providers seeking a FREE consultation or education should call **(802) 847-4758**.

Refer patients to  **Help Me Grow**
Vermont

Help Me Grow Vermont is a free service for prenatal parents and families with young children through age eight. Help Me Grow has child development specialists on staff that can provide information and referrals to local & statewide agencies, as well as offer care coordination among multiple service delivery systems.

Help Me Grow has recently expanded services to assist parents and families by providing access to additional support during the perinatal period. Pregnant & postpartum caregivers and families who need help connecting with trained perinatal mental health clinicians, parent support groups, and other perinatal support can contact Help Me Grow for this free assistance.

Call 211, option 6

Email info@helpmegrowvt.org

Providers working with pregnant women and families experiencing PMADs can make a direct referral by calling or completing an online referral form.

