



# support DELIVERED

## Mental Health Resources for Expecting + New Parents

- » **Perinatal mood and anxiety disorders (PMADs) are common and treatable.**
- » **As many as 1 in 4 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 Sandy Wood, CNM, PMHNP, at (802) 847-4758 or email [sandra.wood@uvmhealth.org](mailto:sandra.wood@uvmhealth.org)**.

Refer patients to  **Help Me Grow**  
Vermont

**Help Me Grow Vermont** connects expecting and new families to mental health clinicians with specialized expertise and/or training in PMADs and other community supports.

- » **Call 2-1-1, option 6**
- » **Email [info@helpmegrowvt.org](mailto:info@helpmegrowvt.org)**
- » **Complete the referral form at [HelpMeGrowVT.org](http://HelpMeGrowVT.org)**

