



support DELIVERED

Perinatal Psychiatric Consultation Service

- » **As many as 1 in 4 women suffer** from symptoms of depression and/or anxiety during the perinatal period
- » **Perinatal Mood and Anxiety Disorders (PMADs)** are the most common complication associated with childbearing
- » **Prescribing clinicians may be the first,** and possibly the only, providers to work with Vermonters and families struggling with PMADs
- » **Professional consultation** and resources regarding PMADs are available for obstetrics & gynecology, primary care, pediatric, psychiatric, and other community providers

Services include:

- » **EVIDENCE-BASED GUIDANCE AROUND PRESCRIBING PSYCHOTROPIC MEDICATIONS TO THE PERINATAL POPULATION**
- » **GUIDANCE ON SCREENING, ASSESSMENT, DIAGNOSIS, AND RECOMMENDED TREATMENT STRATEGIES**

**Free consultations are
available for medical providers
Call (802) 847-4758**

This is a free service provided in collaboration with the Vermont Department of Health

You may call anytime and you will typically receive a reply by phone or email, depending on your preference, from a psychiatric provider within one business day.

Consults may be single questions or may involve ongoing contact for complex issues. At times the consultations may involve face to face evaluations of the patient by the psychiatric provider with a written evaluation.

**For additional information on PMADs
and Vermont-specific resources visit
SupportDeliveredVT.com**



The Vermont Department of Health and the Vermont Department of Mental Health are collaborating on the Screening, Treatment, & Access for Mothers & Perinatal Partners (STAMPP), a 5-year cooperative agreement funded by HRSA to help expand perinatal mental health services in Vermont.

