

## NELSON POSTPARTUM DEPRESSION REFERRAL PATHWAY

	CLIENT IDENTIFIERS	REFERRAL ROUTE		
<b>POSSIBLE DEPRESSION</b>	<b>Edinburgh Score between 9 and 11</b> <ul style="list-style-type: none"> <li>Persistent low mood or feelings of sadness for at least two weeks</li> <li>Lack of motivation/reduced enjoyment in daily activities</li> <li>Difficulty making decisions</li> <li>May resolve from lifestyle changes , self-care and informal supports</li> <li>May require medications to assist with mood regulation</li> </ul>	Bounce Back 1-866-639-0522 <a href="#">Canadian Mental Health Association Bounce Back</a> <b>Online Self Help Guides:</b> <a href="#">Cognitive behaviour therapy-based self management guide for women</a> BC Mental Health and Substance Use Services <a href="#">Self-care Program for Women with PPD &amp; Anxiety</a> BC Provincial Reproductive Mental Health <b>Pacific Postpartum Support Society:</b> <a href="http://www.postpartum.org">www.postpartum.org</a> 1-855-255-7999 Telephone/text message counselling and support, online resources, support for fathers <b>Postpartum Doula Support:</b> <a href="http://www.bcdoulas.org">http://www.bcdoulas.org</a> Assistance with home management, meal planning, emotional support, childcare and breastfeeding. <b>Public Health Nurses:</b> 250-505-7200 Telephone support, home visits, education <b>Local/other resources:</b> <b>Apple Tree Clinic - Mothers Unfolding MH Group &amp; Breastfeeding Support Group:</b> 518 Lake Street, Contact Reception: 250-354-3884 <b>Kootenay Kids:</b> The Family Place, 312 Silica St. Groups include "Babies to Bellies" and Infant development program, contact: 250-352-6678. For <i>La Leche League</i> , contact Ellen Gray: 354-4424		
	<b>PPROBABLE DEPRESSION</b>	<b>Edinburgh Score greater than &gt; 12</b>  <b>Answer of "yes" on Edinburgh Question 10 and passive suicidal ideation (no plan/intent)</b> <ul style="list-style-type: none"> <li>High anxiety, intrusive thoughts or rumination</li> <li>May require medications to assist with mood regulation</li> </ul>	<b>Mental Health Substance Use Intake #</b> 250-505-7248  <b>Primary Health Care Provider</b>  <b>Interior Crisis Line</b> 1-888-353-CARE (2273)  <b>Local/other resources:</b>	
		<b>RISK OF SELF HARM</b>	<b>Answer of "yes" on Edinburgh Question 10 and has a plan/intent</b> <ul style="list-style-type: none"> <li>Inability to manage activities of daily living/care for baby</li> <li>Significant impairment in everyday functioning</li> <li>Overwhelming obsessive compulsive tendencies, intrusive thoughts</li> </ul> <p style="text-align: center;"><b>Imminent Risk of Harm* due to:</b></p> <div style="border: 1px solid black; padding: 5px;"> <p><b>ABILITY</b> - significant rapid decline in function (requires physical assessment to rule out medical cause)</p> <p><b>SAFETY</b>- danger to self or baby; psychotic, hallucinating; suicidal/ homicidal expression with plan or intent to harm</p> <p><b>SUPPORT NETWORK</b> - risk of homelessness; lack of supports; major change in relationships, substance use concerns, young children involved</p> </div>	<b>MHSU Emergency #</b> 250-505-7248 (office) or 911  <b>(for professionals only)</b>  <b>MCFD 24 Hour response Line: 1-800-663-9122</b>
				<b>911 Ambulance to transport to emergency department</b> or make arrangements for safe person to transport person to ER
	<small>*Mental Health Act 'Triage' and categories of risk for hospitalization</small>			

**Telephone Consultation Service for Healthcare Providers:** The BC Reproductive Mental Health Program provides expert consultation services to physicians and healthcare providers across the Province. To **contact a psychiatrist during clinic hours**, call the Reproductive Clinic (604-975-2025) to speak to the psychiatrist on call. *Out of hours calls are for emergencies only. The on-call psychiatrist can be reached out of hours through 604-875-2345, pager number 41-01412.*