

NAKUSP POSTPARTUM DEPRESSION REFERRAL PATHWAY

CLIENT IDENTIFIERS		REFERRAL ROUTE		
POSSIBLE DEPRESSION	Edinburgh Score between 9 and 11 <ul style="list-style-type: none"> Persistent low mood or feelings of sadness for at least two weeks Lack of motivation/reduced enjoyment in daily activities Difficulty making decisions May resolve from lifestyle changes, self-care and informal supports May require medications to assist with mood regulation 	Bounce Back 1-866-639-0522 Canadian Mental Health Association Bounce Back Online Self Help Guides: Cognitive behaviour therapy-based self management guide for women BC Mental Health and Substance Use Services Self-care Program for Women with PPD & Anxiety BC Provincial Reproductive Mental Health Pacific Postpartum Support Society: www.postpartum.org 1-855-255-7999 Telephone/text message counselling and support, online resources, support for fathers Postpartum Doula Support: http://www.bcdoulas.org Assistance with home management, meal planning, emotional support, childcare and breastfeeding. Public Health Nurses: 250-265-3608 Telephone support, home visits, education Local/other resources: Arrow & Slokan Lakes Community Services: 250-265-3674 205 – 6th Avenue, NW; Community Action Program for Children Coordinator: Sarah Sanders 250-265-3674 ext 208		
	PROBABLE DEPRESSION	Edinburgh Score greater than > 12 Answer of “yes” on Edinburgh Question 10 and passive suicidal ideation (no plan/intent) <ul style="list-style-type: none"> High anxiety, intrusive thoughts or rumination May require medications to assist with mood regulation 	Mental Health Substance Use Intake # 250-265-5253 Primary Health Care Provider Interior Crisis Line 1-888-353-CARE (2273) Local/other resources:	
		RISK OF SELF HARM	Answer of “yes” on Edinburgh Question 10 and has a plan/intent <ul style="list-style-type: none"> Inability to manage activities of daily living/care for baby Significant impairment in everyday functioning Overwhelming obsessive compulsive tendencies, intrusive thoughts <p style="text-align: center;">Imminent Risk of Harm* due to:</p> <div style="border: 1px solid black; padding: 5px;"> <p>ABILITY - significant rapid decline in function (requires physical assessment to rule out medical cause)</p> <p>SAFETY- danger to self or baby; psychotic, hallucinating; suicidal/ homicidal expression with plan or intent to harm</p> <p>SUPPORT NETWORK - risk of homelessness; lack of supports; major change in relationships, substance use concerns, young children involved</p> </div>	MHSU Emergency # 250-265-5253 or 911 (for professionals only) MCFD 24 Hour response Line: 1-800-663-9122 911 Ambulance to transport to emergency department 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.*