



NEW DENVER POSTPARTUM DEPRESSION REFERRAL PATHWAY

CLIENT IDENTIFIERS		REFERRAL ROUTE
POSSIBLE DEPRESSION	<p>Edinburgh Score between 9 and 11</p> <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 	<p>Bounce Back 1-866-639-0522 Canadian Mental Health Association Bounce Back</p>
		<p>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</p>
		<p>Pacific Postpartum Support Society: www.postpartum.org 1-855-255-7999 Telephone/text message counselling and support, online resources, support for fathers</p>
		<p>Postpartum Doula Support: http://www.bcdoulas.org Assistance with home management, meal planning, emotional support, childcare and breastfeeding.</p>
		<p>Public Health Nurses: 250-358-7911 Telephone support, home visits, education</p>
		<p>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</p>
PROBABLE DEPRESSION	<p>Edinburgh Score greater than > 12</p> <p>Answer of “yes” on Edinburgh Question 10 and passive suicidal ideation (no plan/intent)</p> <ul style="list-style-type: none"> High anxiety, intrusive thoughts or rumination May require medications to assist with mood regulation 	<p>Mental Health Substance Use Intake # Nakusp: 250-265-5253; Nelson: 250-505-7248</p>
		<p>Primary Health Care Provider</p>
		<p>Interior Crisis Line 1-888-353-CARE (2273)</p>
		<p>Local/other resources:</p>
RISK OF SELF HARM	<p>Answer of “yes” on Edinburgh Question 10 and has a plan/intent</p> <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>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) SAFETY- danger to self or baby; psychotic, hallucinating; suicidal/ homicidal expression with plan or intent to harm SUPPORT NETWORK - risk of homelessness; lack of supports; major change in relationships, substance use concerns, young children involved</p> </div>	<p>MHSU Emergency # Nakusp: 250-265-5253 or 911 Nelson: 250-505-7248 (office) or 911 (for professionals only)</p> <p>MCFD 24 Hour response Line: 1-800-663-9122</p>
		<p>911 Ambulance to transport to emergency department or make arrangements for safe person to transport person to ER</p>

*Mental Health Act ‘Triage’ and categories of risk for hospitalization

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.*