



# Perinatal Psychiatry Access Network (PeriPAN)

Mental health is complex. Texas PeriPAN is free and simple, a trusted resource for clinicians seeing pregnant and postpartum patients.



## How to Enroll

Call  
**888-901-2726**  
to get enrolled today.



## Available Statewide to Clinicians

Including OB/GYNs, family practice clinicians, PCPs, pediatricians, midwives, psychiatrists, nurses, and other clinicians.



## PeriPAN Support

Rapid peer-to-peer consults, resources, and support from reproductive psychiatry experts.

Texas PeriPAN offers real-time, no-cost, evidence-based support for clinicians caring for pregnant and postpartum women. Our reproductive psychiatrists and mental health experts are here to consult and help you expand your capacity to meet the standard of mental health care for your patients.

## Why PeriPAN?

- » Maternal mental health conditions are the most common complications of pregnancy and childbirth.
  - Maternal mental health conditions affect 1 in 5 perinatal women and are the leading underlying cause of pregnancy-related death in the U.S. In Texas, 50k postpartum women experienced depression in one year.
- » Women who get treatment can and do recover.
- » Every Texas county has a persistent shortage of mental health care professionals.
- » PeriPAN connects frontline maternal health providers to reproductive psychiatrists and specialists to help address maternal mental health concerns, using the best practice of collaborative care.
- » Enrolling is quick and easy—it only takes 5 minutes.
- » PeriPAN is state-funded, and there is no cost to the clinician or patient to use the service.

## How does PeriPAN work?

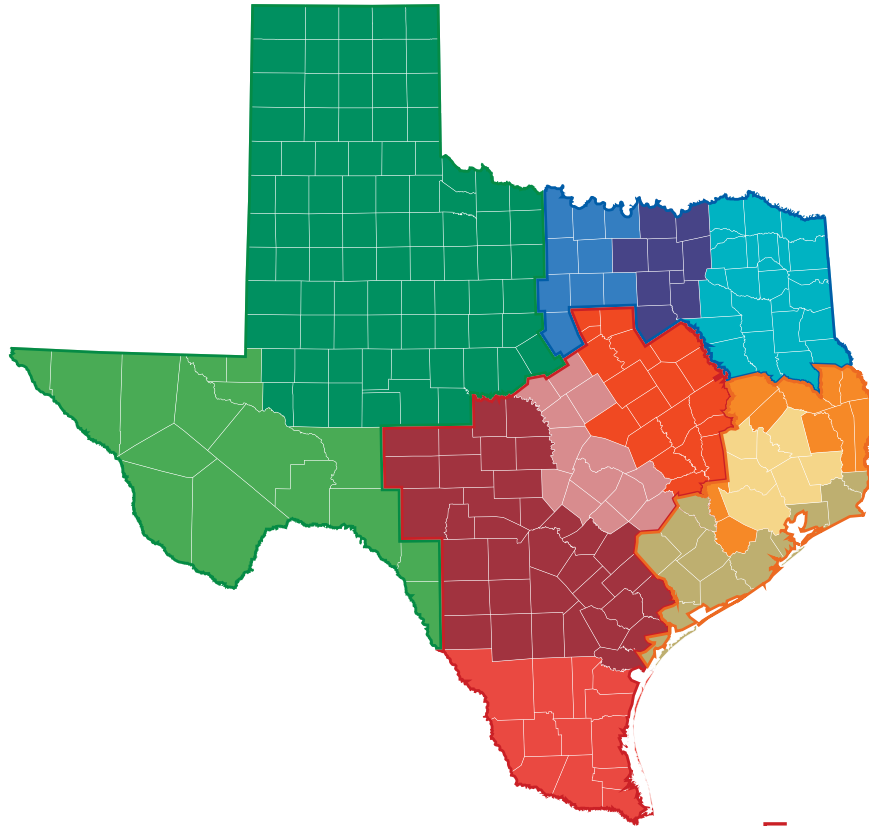
- » It's simple to enroll in and easy to use. Call 888-901-2726 to enroll and get help with a patient quickly.
- » Speak directly to a mental health expert to assess and address your question. If you have a diagnostic or medication question, a reproductive psychiatrist will return your call within 30 minutes or you can schedule a call back at your preferred time.
- » PeriPAN staff are available on the phones Monday-Friday, 8 a.m.-5 p.m. You can leave a message anytime.
- » No call is too small. We are here to support you.

## How does PeriPAN help?

- » Call us and get the real-time support and mental health expertise you need to treat your patients within their primary care setting.
- » Save time by delegating the PeriPAN team to provide you with vetted lists of local referrals and resources specific to your patient's needs and circumstances.
- » PeriPAN offers regular, free CMEs, collaborative learning opportunities, and ethics credits in maternal mental health topics.

# Perinatal Psychiatry Access Network (PeriPAN)

## Regional Map



### Dial 1 North and Northeast Regions

- 1 University of North Texas Health Science Center
- 2 The University of Texas Southwestern Medical Center
- 3 The University of Texas Health Science Center at Tyler

### Dial 2 South and Southeast Regions

- 1 Baylor College of Medicine
- 2 The University of Texas Health Science Center at Houston
- 3 The University of Texas Medical Branch at Galveston

### Dial 3 Valley and Central Regions

- 1 Dell Medical School at The University of Texas at Austin
- 2 The University of Texas Health Science Center at San Antonio
- 3 The University of Texas Rio Grande Valley School of Medicine
- 4 Texas A&M University System Health Science Center

### Dial 4 West Region

- 1 Texas Tech University Health Sciences Center
- 2 Texas Tech University Health Sciences Center at El Paso

For more information, call **888-901-2726**, email **cosh@bcm.edu**, or go to **TXPeriPAN.org**



**tcmhcc**  
Texas Child Mental  
Health Care Consortium

**PeriPAN**  
Perinatal Psychiatry  
Access Network