

Screening for perinatal depression and anxiety occurs at the initial prenatal visit, later in pregnancy, and at postpartum visits.

Our highest risk patients include those with history of perinatal depression (50% will relapse), depression at any time (25% will relapse), family history of perinatal depression, childhood abuse, unplanned or unwanted pregnancy, age <18 or >35, relationship conflict, poor social support, previous loss, preterm birth, newborn complications, lactation difficulties, and thyroid dysfunction or other medical conditions.

Screen Type			Severity of Illness	Proposed Treatment Actions Note: Each recommendation builds from the previous.
EDPS	PHQ-9	GAD-7		
0-8	0-4	0-4	None Likely	Re-screen in next trimester or postpartum. Provide Action Plan for Mood Changes During Pregnancy and after Giving Birth.*
9-11	5-9	5-9	Mild	Continue support, provide psychoeducation, & re-screen within 4 weeks. Call PeriPAN with any questions.
12-13	10-14	10-14	Moderate	Consider psychotherapy and/or pharmacotherapy. Provide Self-Care Plan in Pregnancy and Postpartum.* Call PeriPAN for additional guidance and referral assistance.
14+	15-19	N/A	Moderately Severe	Provide active treatment with pharmacotherapy and/or refer for psychotherapy. Call PeriPAN and consider PeriPAN Direct Consult.
Any positive Q10	20-27 or any positive Q9	15-19	Severe	Follow above relevant guidance. Provide and review Safety Plan and crisis resources.* Call PeriPAN for next steps and support.

MDQ Score	Severity of Illness	Proposed Treatment Actions
0-6	Negative Screen	None
7-14	Further Assessment Indicated	Call PeriPAN and consider PeriPAN Direct Consult.
PC-PTSD-5	Severity of Illness	Proposed Treatment Actions
0-2	Negative Screen	None
≥3	Moderate/Severe	Administer PCL-C to further clarify symptom severity. Call PeriPAN and consider PeriPAN Direct Consult.

* The **PeriPAN Perinatal Mental Health Toolkit for Obstetric Clinicians** provides actionable information to build capacity for preventing, identifying, treating, and monitoring maternal mental health conditions. It has clinical and patient resources including guidance when using screeners and handouts for action, safety, and self-care plans.

Scan QR code for PeriPAN OB Toolkit



Perinatal Psychiatry Access Network (PeriPAN)

PeriPAN provides free, real-time clinician-to-clinician consults, vetted resources and referrals, free high-yield CME training, and one-time direct consults with patients when indicated. These services are available at no cost to clinicians or patients. Clinicians may be able to bill for their time using PeriPAN if outside global billing window.

PeriPAN: 888-901-2726

Information on PeriPAN



Postpartum Support International

Postpartum Support International (PSI) can help your patient locate helpful resources, many at no cost, including peer mentorships and support groups specific to the perinatal period.

Helpline: 800-944-4773

Text: 800-944-4773 (English) or 971-203-7773 (Spanish)

PSI Online Support Meetings



National Maternal Mental Health Hotline

The National Maternal Mental Health Hotline is available 24/7 and provides free, confidential support, resources, and referrals to pregnant and postpartum individuals facing mental health challenges. This hotline may link to 988 if crisis resources are necessary.

Hotline (call or text): 833-852-6262 (833-TLC-MAMA)

National Maternal Mental Health Hotline

