

PERINATAL MENTAL HEALTH TOOLKIT

Provider resources & tools to assist in screening for perinatal mood and anxiety disorders.

Roughly 20% of Kansas women reported having depression in the three months before pregnancy.*

Nearly 30% of women had anxiety during this time.*

The Perinatal Mental Health Toolkit provides education, guidance, and resources for patients and providers related to screening and treatment for perinatal mood and anxiety disorders (PMAD). Access the toolkit by visiting bit.ly/KDHE_Toolkits. The toolkit includes:

Provider Resources

- > Links to online trainings
- > Professional recommendations for mental health screening in the perinatal period
- > Treatment options/guidelines

Screening Tools & Algorithms

- > EPDS, PHQ-9, and GAD-7
- > PMAD Screening
- > Crisis Intervention

Templates for Local Use

- > Screening Office Procedures and Policy
- > Sample MOU for Community Partners

Patient Resources *(English and Spanish)*

- > Patient links for online support
- > Resources related to identifying and treating PMADs
- > Websites and Videos

Screening in Kansas

- > KanCare Maternal Depression Screening Policy
- > Screening in Well-Child Visits
- > Paternal Postpartum Depression Resources



*Source: https://www.kdheks.gov/prams/downloads/Kansas_PRAMS_2019_Surveillance_Report.pdf



Additional information on perinatal behavioral health screening and intervention best practices as well as direct provider-to-provider support can be accessed through the **Kansas Provider Consultation Line for Perinatal Behavioral Health**. Call 833-765-2004 or visit www.kansasmch.org/psychiatric-consultation-care-coordination.asp.

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