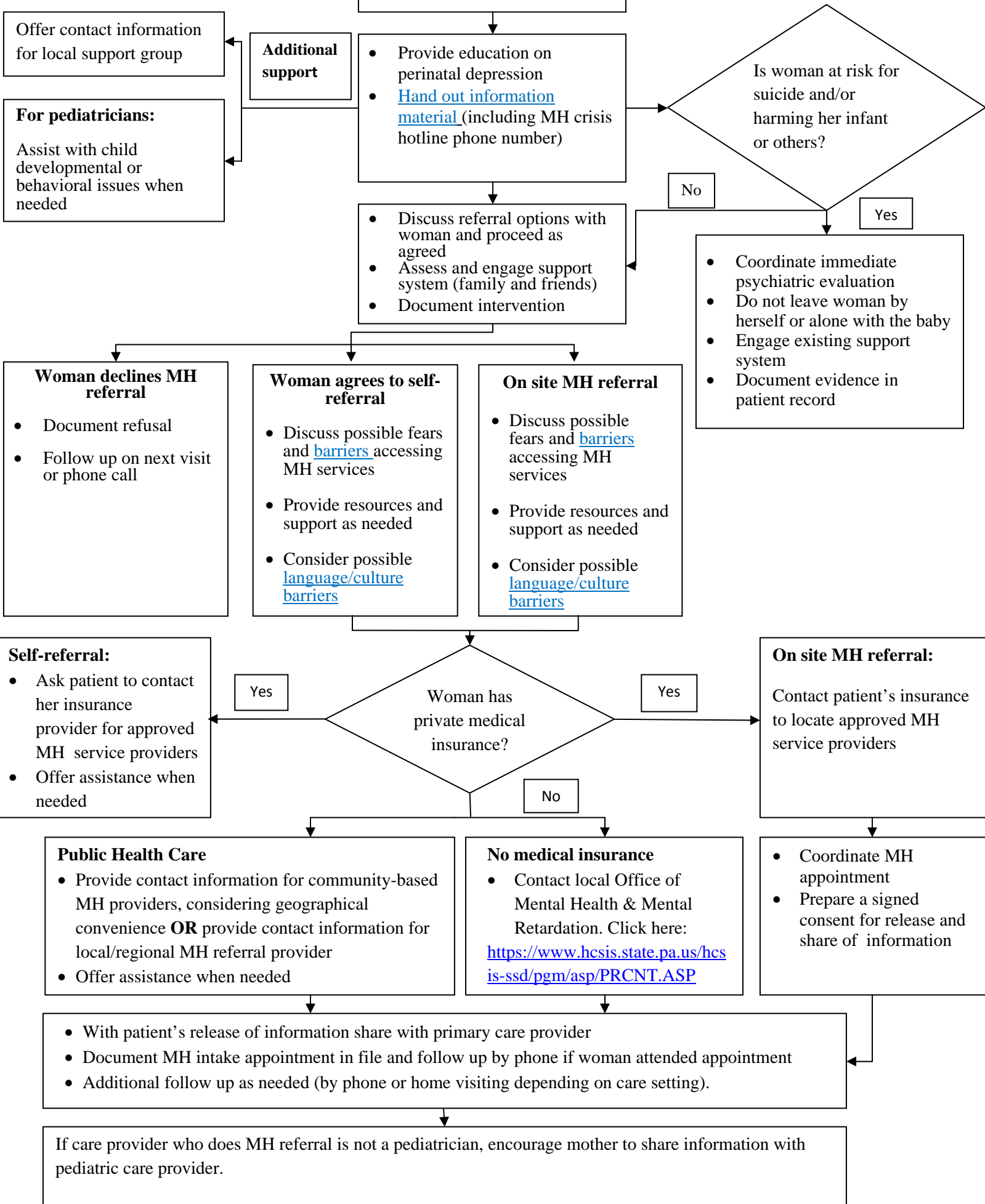


Mental Health Referral Guide

Intervention: MH referral



Offer contact information for local support group

Additional support

For pediatricians:

Assist with child developmental or behavioral issues when needed

Intervention: MH referral

- Provide education on perinatal depression
- [Hand out information material](#) (including MH crisis hotline phone number)

Is woman at risk for suicide and/or harming her infant or others?

No

Yes

- Discuss referral options with woman and proceed as agreed
- Assess and engage support system (family and friends)
- Document intervention

- Coordinate immediate psychiatric evaluation
- Do not leave woman by herself or alone with the baby
- Engage existing support system
- Document evidence in patient record

Woman declines MH referral

- Document refusal
- Follow up on next visit or phone call

Woman agrees to self-referral

- Discuss possible fears and [barriers](#) accessing MH services
- Provide resources and support as needed
- Consider possible [language/culture barriers](#)

On site MH referral

- Discuss possible fears and [barriers](#) accessing MH services
- Provide resources and support as needed
- Consider possible [language/culture barriers](#)

Self-referral:

- Ask patient to contact her insurance provider for approved MH service providers
- Offer assistance when needed

Woman has private medical insurance?

Yes

Yes

No

On site MH referral:

Contact patient's insurance to locate approved MH service providers

Public Health Care

- Provide contact information for community-based MH providers, considering geographical convenience **OR** provide contact information for local/regional MH referral provider
- Offer assistance when needed

No medical insurance

- Contact local Office of Mental Health & Mental Retardation. Click here: <https://www.hcsis.state.pa.us/hcsis-ssd/pgm/asp/PRCNT.ASP>

- Coordinate MH appointment
- Prepare a signed consent for release and share of information

- With patient's release of information share with primary care provider
- Document MH intake appointment in file and follow up by phone if woman attended appointment
- Additional follow up as needed (by phone or home visiting depending on care setting).

If care provider who does MH referral is not a pediatrician, encourage mother to share information with pediatric care provider.