



Pregnancy and Postpartum Mental Health Program

Collaborative Care Clinic

The Pregnancy and Postpartum Mental Health Team supports individuals who are experiencing challenges with their mental health in all stages of reproduction including planning, pregnancy and postpartum. Support is available for individuals who are experiencing new challenges with their mental health, or those who have a history of mental health issues and are concerned about risks.

What We Provide

- Assessment to clarify mental health needs
- Consultation for diagnostic clarification, medication recommendation, and treatment planning
- Time-limited individual therapy
- Postpartum Group
- Access to other therapeutic groups offered through the clinic: Mindfulness-Based Cognitive Therapy (MBCT), Cognitive Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT)
- Psychoeducation regarding postpartum mental health concerns
- Connection to community resources and supports

Who We Serve

- Individuals who are planning pregnancy, are pregnant, and who are up to one year postpartum
- Individuals living in St Joseph's Health Centre (SJHC) catchment area or delivering with a SJHC provider

Our Interdisciplinary Team

- Psychiatry
- Occupational Therapy
- Social Work
- Case Management

Referral Information

- We accept referrals from healthcare providers including Physicians and Nurse Practitioners through the Collaborative Care Clinic Referral Form located on Clinic Website: [CCC Referral Form](#)
- Referrals meeting inclusion criteria will be assessed within 2 weeks of receiving referral
- If the referral does not meet inclusion criteria we will inform referral source within 2 weeks