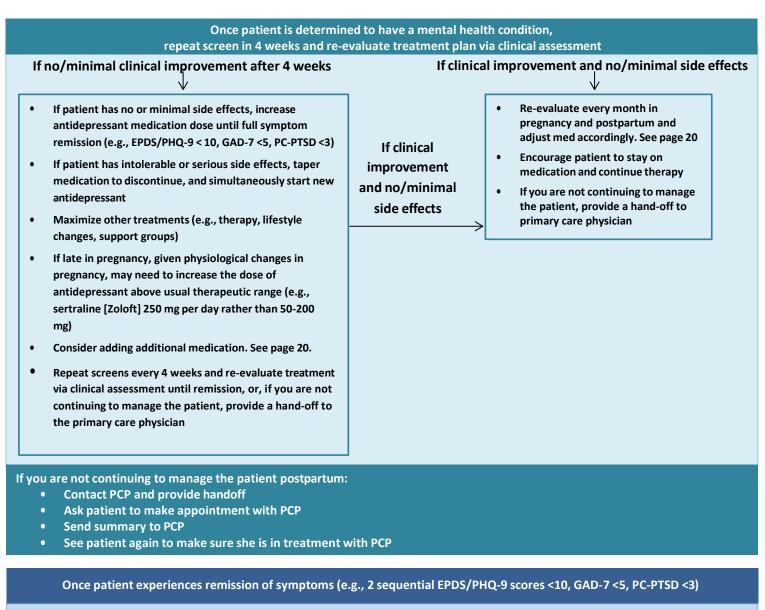


## Follow – Up Treatment of Perinatal Mental Health Conditions



Can consider tapering antidepressant when patient has been in remission for  $\geq$  6 months for depression and  $\geq$  12 months for anxiety

Taper medication slowly to minimize risk of relapse and discontinuation syndrome

- Shorter acting medications (e.g., paroxetine [Paxil], venlafaxine [Effexor]) have higher chance of discontinuation syndrome and thus need to be tapered slowly
- Establish postpartum birth control plan to help women make informed decision regarding family planning

Adjunctive Support Options	Social and Structural Determinants of Health
<ul> <li>Talk to your patient about adjunctive support options such as:</li> <li>Self-care (See Self-Care Plan (page 27))</li> <li>Balanced nutrition and Substance avoidance</li> <li>Sleep hygiene</li> <li>Mindfulness</li> <li>Exercise</li> <li>Find resources for moms and families here.</li> <li>Books and workbooks (e.g., The Pregnancy and Postpartum Anxiety Workbook by Pamela S. Wiegartz and Kevin Gyoerkoe)</li> </ul>	Ask about/consider social and structural factors that can be a barrier to engagement in care: • Access to stable housing • Access to food/safe drinking water • Utility needs • Safety in home and community • Immigration status • Employment conditions • Transportation • Childcare