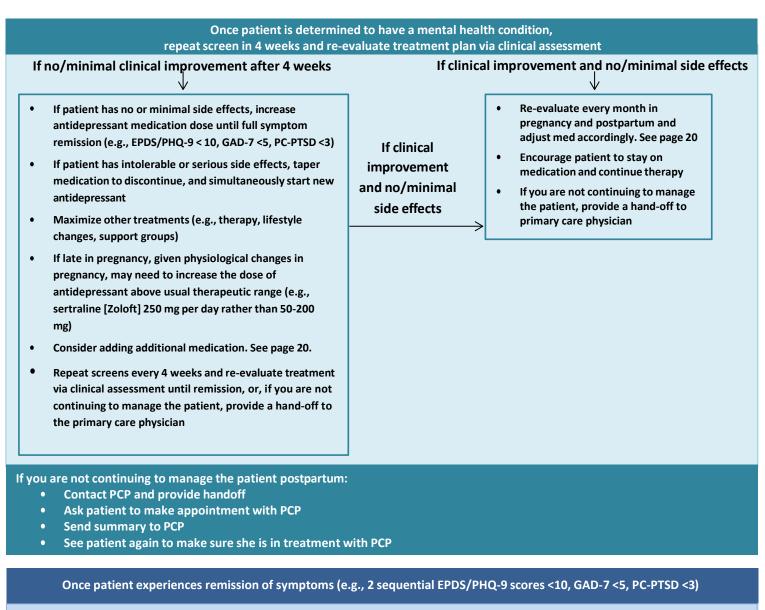


Follow – Up Treatment of Perinatal Mental Health Conditions



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
 Talk to your patient about adjunctive support options such as: Self-care (See Self-Care Plan (page 27)) Balanced nutrition and Substance avoidance Sleep hygiene Mindfulness Exercise Find resources for moms and families here. Books and workbooks (e.g., The Pregnancy and Postpartum Anxiety Workbook by Pamela S. Wiegartz and Kevin Gyoerkoe) 	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