

# Perinatal Psychiatry Consultation Service

## Frequently Asked Questions

### **Who can call the consultation service?**

All community obstetric, pediatric, primary care, and psychiatric providers in California with questions about how to address the mental health concerns of pregnant or postpartum women.

### **When is the consultation service available?**

Monday - Friday, 1pm - 5pm (except national holidays and consultant vacation days)

### **What is the Perinatal Psychiatry Consultation Service number?**

1.833.205.7141

### **Is there a cost to utilize the consultation service?**

No, this service is funded by the Dignity Health Foundation.

### **Who will answer the phone when I call?**

Dr. Miriam Schultz will answer your call, or you may be asked to leave a message and you'll receive a call back within 30 minutes.

### **What kinds of questions may I ask the psychiatrist?**

A provider may call with general questions about perinatal women's mental health or specific questions pertaining to a specific patient. This can include diagnosis and treatment of a specific illness, use of a particular medication, use of a screening tool or questions regarding individual psychotherapy, support groups, etc.

### **Can the Perinatal Psychiatrist Consultant provide mental health treatment or prescribe medications for my patients?**

No, the consultant will not provide direct treatment or take over management of the patient's care.

### **Can I only call with concerns about perinatal depression?**

Please call the consultation service to discuss any concerns you have about perinatal mental health.



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### **Can I email the consultant?**

No. All contact must be made through the consultation line.

### **Can pregnant and postpartum women with mental health concerns call the consultation line?**

No, the Perinatal Psychiatry Consultation Service is designed to assist health care providers in assessing and providing psychiatric care and support to pregnant and postpartum mothers.

### **Does the consultant have resources for pregnant and postpartum women with mental health concerns?**

The consultant will refer you to your clinic's or community's resource and referral lists.

### **Who is in charge of the Perinatal Psychiatry Consultation Service?**

The Dignity Health Maternal Mental Health Project created the service and currently oversees it. Barbara Sheehy, MS, is the Project Manager, and Margaret (Lynn) Yonekura, MD, is the Physician Champion.

### **Should I seek informed consent from my patient, prior to calling the consultation service?**

Yes, the perinatal psychiatrist will ask you to confirm your patient provided verbal consent when you call.

### **How should I document the consultation in the patient's EHR?**

You may wish to document that your patient gave verbal informed consent for you to contact the consultation line, and that you spoke with our reproductive psychiatrist to help answer questions about the patient's mental health concerns.

If you have questions or problems, please contact:  
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