

A Resource for Your Healthcare Provider



A free resource for health care providers and professionals caring for pregnant and postpartum women struggling with mental health and/or substance use disorders.

Services Available to Providers



Real-time teleconsultation between a provider and a perinatal psychiatrist.



Education related to the treatment and diagnosis of perinatal mental health disorders.



Information on available community resources to support perinatal mental health.

Contact Information

Monday through Friday, 8am to 4pm CST, excluding holidays.

The Periscope Project does not provide services directly to patients.

877.296.9049
theperiscopeproject@mcw.edu
the-periscope-project.org

The Periscope Project is a program of the Medical College of Wisconsin (MCW) Department of Psychiatry and Behavioral Medicine.

Local Resources for You

Postpartum Support International (PSI)

Wisconsin Chapter

If you, or a loved one is suffering with perinatal mood disorders, contact one of the PSI-Support Coordinators who will guide you through the process of finding a professional near you with expertise and experience in treating perinatal mood disorders

1-800-944-4773

psichapters.com/wi
postpartum.net

Moms Mental Health Initiative (MMHI)

MMHI helps moms navigate perinatal mood and anxiety disorders by sharing information, connecting them to resources, and by providing peer-driven support.

info@mmhimke.org
momsmentalhealthmke.org

National Suicide Prevention Lifeline

The lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

1-800-273-8255



Perinatal Mental Health Screening Passport

Screening Results

EPDS

Edinburgh Postnatal Depression Scale

A score of 10 or higher suggests risk of depression and/or anxiety.

Date: _____ Score: _____

Date: _____ Score: _____

Date: _____ Score: _____

Date: _____ Score: _____

PHQ-9

Patient Health Questionnaire-9

A score of 10 or higher suggests risk of depression.

Date: _____ Score: _____

Date: _____ Score: _____

Date: _____ Score: _____

Date: _____ Score: _____

GAD-7

Generalized Anxiety Disorder-7

A score of 10 or higher suggests risk of anxiety.

Date: _____ Score: _____

Date: _____ Score: _____

Date: _____ Score: _____

Date: _____ Score: _____

Using a screening tool is a nice way to start a conversation about your mental health. Mental health conditions are the most common complication of pregnancy affecting about 1 out of 7 women. For this reason, screening for mental health conditions during pregnancy and postpartum are recommended by several health care organizations like the American Academy of Obstetrics and Gynecology (ACOG) and the American Academy of Pediatrics (AAP). This screening passport can be used to track scores of validated screening tools over time. Bring the passport with you to visits with your healthcare providers and share your scores to begin a conversation about how you are really feeling.

Next Steps

- Reflect on your answers and score. How are these areas affecting your daily life?
- Reach out for support
- Talk to your healthcare provider about how you are doing (bring the screening passport)

My Next Steps:

If you are struggling with depression and/or anxiety during the perinatal period remember **you are not alone, perinatal mood and anxiety disorders are common and with treatment you will get better!**