



CHILDREN'S & WOMEN'S HEALTH CENTRE OF BRITISH COLUMBIA

AN AGENCY OF THE PROVINCIAL HEALTH SERVICES AUTHORITY

Reproductive Mental Health Program
4500 Oak Street
Vancouver, BC V6H 1N4
Phone: 605 875 2025

What to Expect During Your First Visit

At your first appointment, you will be seen by one of the program Psychiatrists. Our Psychiatrists are medical doctors specializing in the mental health of pregnant and postpartum women, women dealing with pregnancy loss, infertility, or mood changes related to their menstrual cycle.

All information will be treated as confidential and we will only share information with your referring provider and other healthcare providers you may choose.

Your first appointment will last approximately 1 – 1.5 hours. Please bring any medications that you are currently taking to your appointment. Be sure to allow yourself adequate time to secure parking. The clinic is a family friendly environment so feel free to bring your baby.

Prior to meeting with the Psychiatrist, you may be asked to fill out some questionnaires in person or online.

The Psychiatrist will ask you many questions in order to understand what your main concerns are and how she can help you. These questions may include enquiries about:

- any previous mental health diagnosis and any treatment you received
- any family history of mental health illness and
- your early childhood experiences

At the end of the appointment, you and the Psychiatrist will discuss your condition and treatment options, including psychological treatment and treatment with medications, if indicated. At that time, you may be referred for a follow up appointment with the Psychiatrist or another member of the multidisciplinary team.

While you are waiting for your first appointment, it may be helpful to look at our websites: <http://www.bcchildrens.ca/our-services/mental-health-services/reproductive-mental-health> or www.reproductivementalhealth.ca. You can learn about the most common conditions experienced by women seen in our clinic, including depressive disorders, anxiety disorders, bipolar disorders and postpartum psychosis. On the website you can also learn about community resources, including the Pacific Postpartum Support Society.

If you are concerned that your mood, anxiety or ability to function are getting worse while you are waiting to be seen, your referring health care provider can discuss your case with one of our psychiatrists by calling: **604 875 2025**.