

# The Primary Care Maternal Mental Health Toolkit

## Guide to Use

### Who developed this Toolkit?

Dalhousie Faculty of Medicine - Perinatal Psychiatrists, Family Physicians  
& Mental Health Nursing Specialists

### Who is the Toolkit for?

Family Physicians, Nurse Practitioners & Midwives who care for pregnant and postpartum mothers  
Maternal Nurses in all settings  
Public Health Nurses  
Home Visitors  
Women and their Supports & Families, working with their Primary Care Providers

### What's in the Toolkit?

#### Introduction & Guide to Use: (pages 2-3)

#### Section 1: (pages 4-10)

All materials are based on the Bio-Psycho-Social theory of understanding and managing mental health problems. Working from the triangle assessment of risk and prevention in advance, we can screen for current problems or illness, and develop a care plan that includes interventions for biological, psychological and social points of vulnerability.

We include simple triangle workplan sheets for assessment and a connected action plan for both the health practitioner and the woman and her family/supports to use. These can be shared electronically or printed to take away.

#### Section 2: (pages 11-18)

We've added the most helpful background guidelines & risk planning for professional providers.

#### Section 3: (pages 19-33)

This is a collection of resources, explorations & strategies for women and their families to use. These can help guide your clinical care and engage the mother as much as possible in her own monitoring and care.

#### Section 4: (pages 34-38)

We finish the toolkit with some recommended further resources for the health care provider, and for your patients and their supports. These can be helpful for further engagement in mental health care, as well as prevention and management of peripartum mental illness in the community.