

What to Expect During Your First Visit

At your first appointment, you will be seen by one of the program Psychiatrists, ideally in-person or virtually if necessary. Our Psychiatrists are medical doctors specializing in the mental health of pregnant and postpartum women.

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 have any medications that you are currently taking at your appointment. If you are coming to the clinic for 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. You will receive an automated reminder email prior to your appointment. Please note this email will reference protocols for coming in person, even if your appointment is virtual. If your appointment is virtual please be aware you **must** be physically located in B.C. or we will not be able to have the appointment with you.

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

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

At the end of the appointment, you and the Psychiatrist will discuss your situation and treatment options available to you, including psychological treatment and treatment with medications. You may be referred for a follow-up appointment with the Psychiatrist or another member of the multidisciplinary team; these may be limited to 1-4 appointments. There may also be opportunities to participate in group therapy or attend educational sessions with other parents. Some patients find this first appointment can be quite emotional and draining. If possible, we recommend that you allow yourself some time and space for self-care and processing after the appointment, before returning to work or other commitments.

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 call the clinic: **604-875-2025**.