



Durham Region Health Department FAX about...

For Health Care Professionals



Perinatal Mood Disorders Care Pathway

Health care providers play a key role in the early detection and management of **Perinatal Mood Disorders (PMD)** which affects 23% of Canadian mothers. The Ontario Perinatal Record recommends screening for past history and current anxiety or depression.

The Durham Region Health Department (DRHD) offers information and tools to support health care providers in distinguishing between signs and symptoms of PMD and normal adjustment to parenthood. Visit our webpage at www.durham.ca/CarePathPMD for:

- **Assessment questions** including the Edinburgh Postnatal Depression Scale (EPDS), Generalized Anxiety Disorder Scale (GAD-7) and Patient Health Questionnaire (PHQ-9)
- **Care pathway for the management of perinatal mental health** to identify and make decisions about next steps
- **Community resources** for patients and their families

The DRHD offers **Steps to Wellness: Before and After Baby**, a free 9-week virtual group that provides Cognitive Behavioural Therapy (CBT) for clients with PMD. Clients interested in the group can **self-refer** through **Durham Health Connection Line at 1-800-841-2729**. For more information on this group visit the supports and resources section of our PMD Care Pathway.

Healthcare Providers can order client PMD resources by visiting:

Health Care Providers - Region of Durham (www.durham.ca/hcp > Forms > Order)

or scan the QR code.



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905-668-2020 or 1-800-841-2729 | durham.ca/health

If you require this information in an accessible format, contact 1-800-841-2729.

