Resources for providers

Louisiana Provider-to-Provider Consultation Line
ldh.la.gov/page/ppcl

CDC Healthcare Professionals
cdc.gov/hearher/hcp/overview/index.html

MGH Center for Women's Mental Health
womensmentalhealth.org/specialty-clinics-2/postpartumpsychiatric-disorders-2

Perinatal Psychiatry Access Program
umassmed.edu/lifeline4moms/Access-Programs

Food and Drug Administration
fda.gov/drugs/development-resources/pediatrics-and-maternal-health

Resources for patients

CDC Planning for Pregnancy | Preconception Care:
cdc.gov/pregnancy/about/index.html

Before, Between & Beyond Pregnancy
beforeandbeyond.org

CDC Hear Her Campaign
cdc.gov/hearher/index.html

Postpartum Support International
postpartum.net

National Maternal Mental Health Hotline
mchb.hrsa.gov/national-maternal-mental-health-hotline

National Alliance on Mental Illness
nami.org

Louisiana 988
louisiana988.org

LOUISIANA DEPARTMENT OF HEALTH
Office on Women's Health and Community Health

Contact us

628 N. 4th St.
Baton Rouge, LA 70802
Phone: 225-219-2160
Email: OWHCH@la.gov
Website: ldh.la.gov/WomensHealth

Talk • Listen • Care

TLC MOMS

Facts for Prescribing Practitioners

Women Who are Planning to Conceive, Pregnant, or Postpartum

LOUISIANA DEPARTMENT OF HEALTH
Office on Women's Health and Community Health

Many women with mental health or substance use conditions have healthy pregnancies and babies. However, these conditions can complicate pregnancy and may have harmful effects on pregnant and postpartum women and their infants when left undetected, undiagnosed, or untreated.

Patients need to understand the risks and benefits involved with taking or not taking medications and make decisions in collaboration with a practitioner.

Information to collect from patients

- Any concerns about becoming pregnant or becoming a parent
- Current and past pregnancy history, including previous attempts to get pregnant, infertility, miscarriages, fetal or infant losses, and medical, obstetrical, or mental health complications during/after pregnancy
- Current and past prescribed or over-the-counter medications, supplements, and any side effects
- Available support system (e.g., family, friends, community)
- Economic issues, including housing stability, food security, and job security
- Current or past relationship conflicts and history of intimate partner violence
- Current and past alcohol, smoking, vaping, or other substance use
- Other health practitioners involved in their mental healthcare (e.g., social worker, counselor, faith-based advisor)
- Other clinicians involved in their medical care (e.g. OB/GYN)
- Any culture-specific preferences or needs (e.g., interpreter)

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Remember to ...

- Actively listen, validate, and address the woman's concerns and feelings and encourage them to reach out if they have concerns or experience symptoms.
- Discuss the risks and benefits of starting, stopping, or continuing psychotropic medications during pregnancy. **If you are not a practitioner familiar with prescribing psychotropics during pregnancy, we recommend that you consult with a psychiatrist or other prescribing practitioner with expertise in this area.**
- Obtain consent to release information to obstetrical and/or primary care practitioners.
- Refer to support services or support groups based on the woman's needs.
- Provide pregnancy and postpartum psychoeducation.
- Discuss the advantages and disadvantages of breastfeeding.

ldh.la.gov/TLCMoms