

# Free Perinatal Psychiatry Consultation Service

## Real-time telephone consultation

For provider support with diagnosis, treatment planning, and medication management of pregnant and postpartum women with depression and anxiety.

Free service for all providers in Arizona, Arkansas, California, Iowa, Kentucky, Minnesota, Nebraska, Nevada, North Dakota, Ohio, Oregon, Texas, and Washington.



**Perinatal Psychiatrist:** Miriam Schultz, MD  
Phone: 1.833.205.7141



### **Hours: Monday to Friday**

Noon - 4:30 PM (PT) • 1 - 5:30 PM (MT) • 2 - 6:30 PM (CT) • 3 - 7:30 PM (ET)  
(Except national holidays and consultant vacation days)

Calls will be answered immediately or returned within the hour

### **Questions? Contact:**

Barbara Sheehy, MS  
System Director, Perinatal Behavioral Health  
415.544.2395 | [Barbara.Sheehy@DignityHealth.org](mailto:Barbara.Sheehy@DignityHealth.org)

# Frequently Asked Questions

## Who can call the consultation service?

All community obstetric, pediatric, primary care, and psychiatric providers in Arizona, Arkansas, California, Iowa, Kentucky, Minnesota, Nebraska, Nevada, North Dakota, Ohio, Oregon, Texas, and Washington, with questions about how to address the mental health concerns of pregnant or postpartum women. Providers may designate a staff member, such as a nurse or social worker, to speak with the consultant on the provider's behalf.

## Is there a cost to utilize the consultation service?

No, this service is funded by the Dignity Health Foundation.

## Who will answer the phone when I call?

Dr. Schultz will answer your call, or you'll be asked to leave a voicemail message, and she'll return your call, generally within the hour.

## What information will the psychiatrist ask?

You'll be asked to provide:

- Your last/first name, call-back phone number, medical group/practice/clinic or facility name, and state.
- Your patient's last/first name, date of birth/age, weeks pregnant or postpartum, lactation status, screening scores past/current psychiatric diagnoses and medications, and that patient consent was confirmed.

## Can the Perinatal Psychiatrist Consultant provide mental health treatment or prescribe medications for my patients?

No, the consultant will not provide direct treatment or take over management of the patient's care.

## Can I email the consultant?

No. All contact must be made through the consultation line.

## Can pregnant and postpartum women with mental health concerns call the consultation line?

No, the Perinatal Psychiatry Consultation Service is designed to assist health care providers in assessing and providing psychiatric care and support to pregnant and postpartum mothers.

## Does the consultant have resources for pregnant and postpartum women with mental health concerns?

The consultant will refer you to your clinic's or community's resource and referral lists.

## Who is in charge of the Perinatal Psychiatry Consultation Service?

Women & Infant's Clinical Institute Behavioral Health Director, Barbara Sheehy, MS, and Behavioral Health Physician Champion, Margaret (Lynn) Yonekura, MD, oversee the service.

## Should I seek informed consent from my patient, prior to calling the consultation service?

Yes, the perinatal psychiatrist will ask you to confirm your patient provided verbal consent when you call.

## How should I document the consultation in the patient's EHR?

You may wish to document that your patient gave verbal informed consent for you to contact the consultation line, and that you spoke with our perinatal psychiatrist to help answer questions about the patient's mental health concerns.