

November 9, 2023

Screening and Treating Patients' Perinatal Mental Health

Dear providers,

Perinatal mood disorders (such as depression and anxiety) are among the most common medical complications during pregnancy and the postpartum period. Obstetricians, gynecologists, primary care providers and others play a critical role in identifying perinatal mood disorders and initiating care. The Health Plan of San Mateo (HPSM) continues to support providers in increasing screening and treatment rates for people experiencing perinatal mental health issues.

To learn more about how to screen your patients and support your patients with mood disorders during pregnancy and postpartum, visit our Maternal Health webpage, which includes resources for perinatal mental health screening, diagnosing and referral, and more:
<https://www.hpsm.org/provider/resources/maternal-health>

Please direct questions to HPSM Provider Services at PSInquiries@hpsm.org.

Thank you for your continued commitment to our community,

The Health Plan of San Mateo