

To my healthcare team:

Being pregnant and having a baby are wonderful, but stressful, events. To help address some of what I am feeling, I believe I may benefit from mental health services. . I would like to initiate treatment but have found barriers to getting mental health care For many of us distance, appointment availability and cost.

I recently learned about PEACE for Moms, a mental health access program for pregnant and postpartum patients. I found this a copy of this letter on their website peace4momsg.org

P4M is not a referral service or a crisis line, but a provider-to-provider consultation service. The PEACE for Moms psychiatrists are available to discuss a patient's (my) diagnosis, assessment, and treatment If they feel it is appropriate PEACE for Moms can perform a one time telehealth assessment with me. If ongoing mental health care is needed, they can help me find local mental health providers . PEACE for Moms can also connect me with resources such as support groups, housing and food assistance, and organizations that assist new parents in my community.

To access their services, **I need you to place a consult on my behalf.** The service is free. The PEACE for Moms psychiatrists are available Monday through Friday from 8 am to 5 pm EST. PEACE for Moms offers access to the same psychiatrists who staff the Emory Women's Mental Health Clinic. A psychiatrist will return your call within 30 minutes or at mutually agreeable time. Because **this service is free to patients and providers, and conducted through telehealth,** P4M is available to help patients with financial or geographic hurdles.

Providers are encouraged to enroll at peace4momsg.org prior to using PEACE services for the first time. You or a member of your staff can initiate the consultation.

Thank you for helping me priortize my health.

Signature

Printed Name

Date

