

## TO BE PLACED ON THERAPIST'S LETTERHEAD.

Patient Name:

Patient DOB

Date:

Dear Colleague:

As you may be aware, your patient is in treatment with me. During therapy, I believe your patient may benefit from psychiatric medication in addition to psychotherapy.

I have encouraged our mutual patient to reach out to you to obtain further evaluation, especially given their situation. I recognize that many providers are not comfortable prescribing medications for mental health conditions in pregnant or postpartum patients. Many clinicians will defer prescribing, referring out to a specialty clinic, further delaying treatment. Additional barriers to care, including distance, appointment availability and cost, may delay, or even prevent our patient's full recovery.

I would like to recommend **PEACE for Moms (P4M)** as an alternative. **PEACE** is an acronym for what the program hopes to achieve: Perinatal psychiatry Education, Advocacy, and Community Engagement. P4M is an efficient, cost-effective option for you and your patients. The same psychiatrists who staff the Emory Women's Mental Health Clinic work for PEACE for Moms. The service is gratis, and available Monday through Friday from 8 am to 5 pm. After requesting a consultation, a physician 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 helps patients overcome the geographic, workforce and financial hurdles to mental health treatment.

P4M will collaborate with you to address our patients' mental health needs. **The patient will remain under your care.** The P4M psychiatrists are available for consultation regarding diagnosis, assessment, and treatment of pregnant and postpartum patients. PEACE for Moms can also provide resources to address the social determinants of health and access to psychotherapy and mental health services.

You are encouraged to enroll at [www.peace4momsga.org](http://www.peace4momsga.org) prior to using their service for the first time. It would be beneficial as well if your patient were to complete the Comprehensive Mood and Anxiety Screen that can be found on their website.

PEACE for Moms can be reached at 470-977-3223. Their website is [www.peace4momsga.org](http://www.peace4momsga.org)

We look forward to hearing from you.

Sincerely,

Therapist Name

Phone Number

Email