



A LETTER FROM YOUR PATIENT

To my healthcare team:

Being pregnant and having a baby are wonderful, but stressful, events. To address some of the emotions that I am feeling, I believe I may benefit from mental health services. I would like to initiate treatment but have discovered barriers to initiating care including distance, appointment availability and cost.

I recently learned about PEACE for Moms, a program to improve access to mental health services for pregnant and postpartum patients. PEACE is an acronym for what the program hopes to achieve: Perinatal psychiatry Education, Access, and Community Engagement.

PEACE for Moms is not a referral, but a provider-to-provider consultation service. 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 will assist with finding local mental health providers. PEACE for Moms will also provide resources to support patients' social determinants of health.

To access their services, **I need you to place a consult on my behalf**. The service is gratis. They are available Monday through Friday from 8 am to 5 pm. 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 a mutually agreeable time. Because **this service is free to patients and providers, and conducted through telehealth**, P4M helps patients overcome financial or geographic hurdles.

Providers are encouraged to enroll at <http://www.peace4momsga.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 prioritize my health.

Signature

Name

Date of birth