

**Department of Psychiatry
Perinatal Mental Health Mindfulness Therapy Group**

Effective Date: November 2013
Reviewed:
Revised:

Issued By:-	Perinatal Mental Health Program
Approved by:-	Dr. Ariel Dalfen
Title:-	PERINATAL MENTAL HEALTH MINDFULNESS BASED THERAPY GROUP

Policy Number:

Key Words: Perinatal Mental Health, Mindfulness Based Therapy, Group Therapy
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Stakeholders: Department of Psychiatry-Perinatal Mental Health Program, Women’s and Infants,
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Policy Statement: Purpose: The Perinatal Mental Health Program Mindfulness Based Therapy Group at Mount Sinai Hospital serves perinatal mental health patients who would benefit from mindfulness therapy.

Procedure:
1. Group Leaders: <ul style="list-style-type: none"> • Jennifer Hirsch, MD, FRCPC, Staff Psychiatrist, Department of Psychiatry, Mount Sinai Hospital • Melissa Goldband, Social Worker, Perinatal Mental Health Program, Mount Sinai Hospital
2. Inclusion criteria: <ul style="list-style-type: none"> • pregnant or within one year postpartum • at risk of developing psychiatric problems due to strong history of mental illness • experiencing active psychiatric symptoms • referral from MSH perinatal psychiatrist
3. Exclusion criteria: <ul style="list-style-type: none"> • over one year postpartum
4. Referrals are from Mount Sinai Hospital psychiatrists only. Please contact Melissa Goldband at (416) 586-4800 x 5461 or mgoldband@mtsinai.on.ca .
5. Referrals should include patient’s full name and telephone number(s)
6. All potential recruits are subsequently contacted by telephone in order to clarify the purpose and nature of the group.

Appendix:	
PMHP - Crisis Resources	
Crisis Numbers	
DISTRESS CENTRE OF TORONTO	(416) 408-4357
GERSTEIN CENTER	(416) 929-5200
MENTAL HEALTH SERVICES INFORMATION ONTARIO	1-866-531-2600
ASSAULTED WOMEN’S LINE	1-866-863-0511
TELEHEALTH ONTARIO	1-866-797-0000