

## Practising Well Community of Practice

### Perinatal Mental Health: Practical Screening and Support for Family Physicians – January 28, 2026

The Practising Well Community of Practice (CoP) is an intentional conversation for shared learning hosted by the OCFP in collaboration with the U of T DFCM. You can reach us by email at [practisingwell@ocfp.on.ca](mailto:practisingwell@ocfp.on.ca).

Practising Well is designed to support you in providing the best care possible for your patients with their **mental health, substance use disorders and chronic pain**.

#### General Resources

- Mental Health and Addictions Community of Practice - <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/community-of-practice/>
- Watch Past Sessions & Self-learning – <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/community-of-practice/past-events/>
- Peer Connect Mentorship - <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/peer-connect-mentorship/>
- Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/>

Resource	Link
Ottawa Depression Algorithm	<a href="https://ottawadepressionalgorithm.ca/en/content?id=38">https://ottawadepressionalgorithm.ca/en/content?id=38</a>
Mother To Baby	<a href="http://www.mothers-to-baby.org">www.mothers-to-baby.org</a>
MGH Women’s Mental Health	<a href="http://www.womensmentalhealth.com">www.womensmentalhealth.com</a>
OTN e-consults for rapid access	<a href="https://otn.ca/">https://otn.ca/</a>
CANMAT Guidelines	<a href="#">Management of Perinatal Mood, Anxiety and Related Disorders (CANMAT Clinician Pocket Guide)</a>
MOVIN Study	<a href="https://www.womensacademics.ca/active-studies/movin/">https://www.womensacademics.ca/active-studies/movin/</a>

<b>CSEP questionnaire</b>	<a href="https://csep.ca/wp-content/uploads/2021/05/GETACTIVEQUESTIONNAIRE_ENG.pdf">https://csep.ca/wp-content/uploads/2021/05/GETACTIVEQUESTIONNAIRE_ENG.pdf</a> <a href="https://csep.ca/wp-content/uploads/2025/03/CSEP-PATH_GAQ_PP_Guidelines.pdf">https://csep.ca/wp-content/uploads/2025/03/CSEP-PATH_GAQ_PP_Guidelines.pdf</a>
<b>SOGC (2024)</b>	<a href="https://www.jogc.com/action/showPdf?pii=S1701-2163%2824%2900519-X">https://www.jogc.com/action/showPdf?pii=S1701-2163%2824%2900519-X</a>
<b>PCMH (2021)</b>	<a href="https://pcmch.on.ca/wp-content/uploads/PCMCH-Care-Pathway-for-the-Management-of-Perinatal-Mental-Health_23July2021.pdf">https://pcmch.on.ca/wp-content/uploads/PCMCH-Care-Pathway-for-the-Management-of-Perinatal-Mental-Health_23July2021.pdf</a>