

Maternal Mental Health Screening Pathways



Screening for maternal mental health conditions during pregnancy, at least once per trimester, is essential for early identification that can lead to better health outcomes.

Code submission is often the only way our managed care team knows that the patient was screened. It also communicates your dedication to high quality care.

<p>Screen* your patient using an approved screening tool, e.g., EPDS, PHQ-2, or PHQ-9, and score the survey using the tool's scoring instructions.</p>	<p>Negative result: Patient <u>is not likely</u> to be experiencing depression.</p>	<p>Encourage your patient to contact their provider if their mood or mental state changes, which is very common during and after pregnancy.</p>	<p>Submit G8510 (add-on): Indicates screening is negative, and a follow-up plan is not required.</p>
	<p>Positive result: Patient <u>is likely</u> to be experiencing depression.</p>	<p>If your patient's responses indicate they have considered self-harm, assess for immediate risk. Assess your patient's depression severity to determine appropriate treatment or referral. Resources are listed below. Document a follow-up plan in your patient's chart.</p>	<p>Submit G8431 (add-on): Indicates screening is positive, and a follow-up plan is documented.</p> <p>Submit 71354-5 (LOINC): EPDS Submit 55758-7 (LOINC): PHQ-2 Submit 44261-6 (LOINC): PHQ-9</p>

*Patients should be screened at least once per trimester and at least once within 12 weeks following birth.

Mental Health Resources

National Maternal Health Hotline: 833-TLC-MAMA (852-6262)

National Suicide Prevention Lifeline: 988

Crisis Text Line: text HOME to 741741

Blue Shield of California Promise Health Plan Social Services can help members address psychosocial needs and navigate treatment options.

To refer a member, complete and fax the [Social Services and Mental Health Referral Form](#) and Social Services will reach out to the member.

For support after pregnancy loss or abortion, contact Blue Shield Promise Maternity Care Management at (888) 802-4410.