

Perinatal Psychiatry Specialist

Expert Psychiatric Medication Management During Pregnancy, Postpartum & Breastfeeding

Gravida Psychiatry

Board-Certified Psychiatric Mental Health Nurse Practitioner
(PMHNP-BC)

Certified Perinatal Mental Health Specialist (PMH-C)

Common Referral Reasons:

- Struggling with depression during pregnancy
- Experiencing postpartum depression or anxiety
- Unsure whether psychiatric medications are safe during pregnancy
- Breastfeeding while taking psychiatric medication
- Planning pregnancy and wanting medication guidance
- Experiencing OCD or bipolar disorder during the perinatal period

Why Refer to Gravida Psychiatry?

Specialized Expertise: PMH-C Certified Perinatal Mental Health Specialist with advanced training in reproductive psychiatry and evidence-based treatment of perinatal mood and anxiety disorders.

Medication Expertise: Specialized knowledge of psychiatric medication management during pregnancy and lactation, balancing maternal mental health with fetal and infant safety.

Collaborative Care: Clear communication with referring providers, therapists, and obstetric teams to ensure coordinated, patient-centered care.

Timely Access: Prompt appointments for new patients, including urgent referrals whenever possible.

Flexible Care Options: Telehealth appointments throughout Washington and Idaho, with in-person appointments available in Spokane.

Evaluation summaries and treatment recommendations are shared with referring providers (with patient consent) to support coordinated care.

Consider Referring When Your Patient...

- Is pregnant and experiencing depression or anxiety
- Develops postpartum depression or postpartum anxiety
- Requires psychiatric medication management during pregnancy or breastfeeding
- Is planning pregnancy and needs medication consultation
- Has bipolar disorder, OCD, ADHD, or PTSD during the perinatal period
- Needs specialized psychiatric evaluation beyond the scope of primary care or obstetric practice

Referring a Patient is Easy

Patients may:

- Schedule directly through our website
- Call our office to schedule
- Be referred by fax or secure email

Refer a patient today

Spokane, Washington
(509) 596-2199

(217) 655-9849

support@gravidapsychiatry.com

www.gravidapsychiatry.com



Insurance Accepted

Washington

Regence BlueShield • Premier Blue Cross •
Aetna • Cigna • Kaiser Permanente •
UnitedHealthcare

Idaho

Cigna • Regence BlueShield of Idaho • Blue
Cross of Idaho • Aetna • Carelon Behavioral
Health • Quest Behavioral Health •
Independence Blue Cross (Pennsylvania) •
Ambetter Washington

Your Trusted Partner in Perinatal Mental Health
Michael Colver, PMHNP-BC, PMH-C