**Presentation title**

Diagnosis, but then what? General Practitioner experiences of managing perinatal mental health

**Explain why your paper is relevant, important and of interest to GP22 participants**

General Practitioner (GPs) provide the majority of preconception and early pregnancy care in Australia. Additionally, they regularly provide perinatal mental health care. We carried out a scoping review on GPs experiences in managing perinatal mental health disorders to establish what is known and identify gaps to determine how to support the optimal care of patients.

**Take home message**

* GPs are confident diagnosing depression; however prescribing confidence appears variable
* Utilisation of perinatal mental health resources remains infrequent
* Challenges exist with timely referral to services

**Background**

GPs frequently manage mental health disorders, which occur in a quarter of women around the time of pregnancy. Almost 1 in 12 pregnancies are associated with psychotropic prescribing, and this, alongside prevalence of mental health disorders in women of reproductive age appears to be increasing.

**Aim / Hypothesis**

This scoping review aims to map current research related to GPs experiences in perinatal mental health care, particularly exploring experiences of diagnosis, medication utilisation, and guideline adherence.

**Method**

Relevant studies were sourced from peer review databases, and additional sources, using key terms related to perinatal mental health and general practitioners. Search results were screened on title, abstract and finally full text to assess those meeting inclusion criteria and relevance to the research question.

**Results**

The search yielded 16 articles related to GPs experiences. Preliminary findings report GPs are confident with diagnosing perinatal depression. Over the last two decades, despite increasing awareness of perinatal mental disorders and psychotropic prescribing, and the establishment of perinatal guidelines, the utilisation of existing resources appears to be infrequent and prescribing confidence variable. Many challenges exist for GPs around time, resources and referral to services.

**Conclusion**

This scoping review enables a better understanding of GPs experiences, providing direction for further research into supporting GPs in the perinatal mental healthcare of their patients.