

Integrating Family Planning Counseling into Mental Health Care

1. Discuss your client's reproductive life goals & why it matters

- a. pregnancy impacts every aspect of life—relationships, sex and intimacy, finances, occupation, education, parenting, physical health, mental and emotional health.
- b. depression and anxiety are more common during pregnancy, especially unintended pregnancies, which are also associated with a higher risk of postpartum depression.
- c. the ability to control fertility and determine if and when to become pregnant is associated with more enduring relationships and marriages.
- d. queer & questioning individuals are at an increased risk of unintended pregnancy and sexually transmitted infections.
- e. getting checked for sexually transmitted infections regularly is important, as they can negatively impact fertility.

2. Discuss sex and family planning through a health perspective

- a. encourage clients to examine how their contraceptive method affects their sexual satisfaction.
- b. consider family planning goals and concerns through the seven domains of health: physical health, social health, emotional health, environmental health, intellectual health, occupational & financial health, and spiritual health.
<http://uofuhealth.utah.edu/coe-womens-health/seven-domains-health/>

3. Know your resources

- a. hersaltlake.org & the Family Planning Research Group | hello@hersaltlake.org
call 801-581-2121 and ask to speak to the on-call Family Planning provider at the University of Utah Hospital or contact Ryan, the Family Planning administrative assistant, who can get you in touch with a member of our team ryan.ring@hsc.utah.edu or 801-213-4989
- b. plannedparenthood.org/Utah & the staff at Planned Parenthood Association of Utah
1-801-532-1586
- c. loveisrespect.org
- d. bedsider.org
- e. gutmacher.org

