

Dear [],

We are researchers with the Research Shop, part of the Community Engaged Scholarship Institute, at the University of Guelph. We are working on a project at the request of, and in partnership with the Perinatal Mental Health Coalition in Waterloo Region. The goal of this project is to learn what your doctors and health care clinics are asking you about your mental health when you are expecting a child or are a new parent. This can mean that you are pregnant or have been pregnant in the past five years, are the biological or adoptive parent of a child, or provide substantial unpaid care to a child. Specifically, we are looking for individuals who have become parents or have been pregnant in the past five years (between 2018-2023).

As part of this study, we invite you to fill out a quick survey (approx. 5-10 minutes). You can choose to skip any questions. You can also decide not to take the survey. Either way, your relationship with your health care workers will not change.

We will not collect information that might let someone know who you are. For example, we will not ask for your name or your address. Only the research team at the Research Shop can see your answers.

If you decide to fill out the survey, you can enter your email address into a raffle for one of five \$25 gift cards to PC Optimum. You can also choose to end the survey without giving your email address. Your email address will not be linked to your survey answers. If you are chosen to enter the raffle, should you win, your email will be given to a member of the Perinatal Mental Health Coalition. They will not be able to see any of your other info.

If you would like to take part, please fill out the survey here, or using the QR code below:
https://uoguelph.eu.qualtrics.com/jfe/form/SV_b1V7GtKEwQa4MiG.

If you have any questions, you can email the project manager at linaresj@uoguelph.ca.



Thank you for your time.

[]