



Perinatal Mental Health Assessment and Care Options

August 2021

Urgent referrals: call Mental Health Telephone Triage or go to Emergency Department
Peninsula Health: 1300 792 977 Monash Health: 1300 369 012

Self-referral Options

Name	Description	Contact
Maternal Child Health Services	Central booking number for Maternal and Child Health Services, including referrals to the Enhanced MCH program, playgroups and parent education programs.	Mornington Peninsula Shire P: 5950 1099 Frankston City Council P: 9784 1756
Peninsula Health Community Health/ACCESS	No cost counselling/group work for low to medium income. A fee for higher income.	Frankston, Mornington, Rosebud and Hastings P: 1300 665 781
The Orange Door	Intake service for specialist family violence, men's behaviour change, and ChildFIRST (family support) services	www.orangedoor.vic.gov.au P: 1800 319 353

Patient Assessment and Management

General Practitioners – GPs	Assessment, management, counselling, referral and GP Mental Health Care Plans (MHCP) for referral to psychologist if patient has eligible condition	Ring GP stating issue, urgency. Long appointments often required. Find local GPs at www.nhsd.com.au
Private Psychologist / Allied Health Professional: <i>Better Access to Medicare</i>	Medicare rebated counselling (not means tested). GP MHCP prior to referral to Private Psychologist/AHP. Australian Psychological Society (APS) information.	Find a psychologist; NHSD or APS www.nhsd.com.au www.psychology.org.au
Accessible Psychological Interventions	Services providing short term psychological interventions for people with mild to moderate mental illness with a Health Care Card / low income.	www.semphn.org.au/resources/mental-health P: 1800 862 363
Peninsula Health Mental Health Service OR Monash Mental Health Service	The central intake point for mental health services. 24/7. Contact triage with all referrals - urgent and non-urgent. GP referrals for perinatal mental health concerns and for medication reviews or secondary consultation.	Peninsula Health Triage P: 1300 792 977 Monash Health Triage P: 1300 369 012
Private Psychiatrist	GP referral needed, can refer specifically for patient assessment and management plan MBS Item 291	Find a psychiatrist RANZCP www.yourhealthinmind.org/find-a-psychiatrist
Gidget Foundation	GP referral needed, provides free psychological services for expectant and new parents (baby up to age of 12 months). Provides support to people experiencing child-birth related loss within the last 12 months. 10 free sessions provides. MHCP required.	1300 851 758 https://www.gidgetfoundation.org.au/
Beyond Blue	Clinical practice guidelines for PND/other disorders	www.beyondblue.org.au
Peninsula Health GP Liaison Unit Webpages	Perinatal Mental Health, Mental Health Services, Mental Health Act, GP resources,	www.peninsulahealth.org.au/health-professionals/gp-liaison/mental-health-services/perinatal-mental-health/
Headspace	Information and programs for young parents	www.headspace.org.au
Refugee Health Network	Guide to mental health services and referral pathways for people from refugee/asylum seeker backgrounds. Information on the Free Interpreting Service.	www.refugeehealthnetwork.org.au/refer/mental-health-services

Perinatal Medication Advice

The Women's Medicines Information Service	Online or phone pharmacy enquiries	www.thewomens.org.au/health-professionals/support-services-professionals/medicines-information-service P: 8345 3190
Monash Medicines Information Centre	Specialised pharmacy advice	www.monashhealth.org/patients-visitors/pharmacy/#medicines-information-centre P: 9594 2361 F: 9594 6283



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National Register of Antipsychotic Medications in Pregnancy (NRAMP)	Monitors antipsychotic medication used in pregnancy	www.maprc.org.au/nramp/what-nramp
National Institute for Health and Clinical Excellence (UK)	Perinatal mental health management including pharmacotherapy	pathways.nice.org.uk/pathways/antenatal-and-postnatal-mental-health

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Early Parenting/Sleep and Settling Centres and Specialist Services

Kooweerup Early Parenting Unit	Day Stay Programs to help develop parenting and settling skills. For parents with infants aged 2 weeks to 12 months. Referral: Self, MCHN, GP or other health professional. Monday to Friday 0800-1600	www.kooweeruphospital.net.au/medical-services/early-parenting P: 5997 9679
Queen Elizabeth Centre, Noble Park	Phone consultation, day-stay and residential programs for families with children from birth-4 years. Parenting skills, sleep/feeding problems, behavioural difficulties and postnatal depression. Also provide DHHS parenting assessments.	www.qec.org.au/families/about-qecs P: 9549 2777 F: 9549 2779
Mercy Health O'Connell Family Centre, Canterbury	Parenting education sessions, day-stay and residential programs. Referral: medical referral required for the residential program and MCHN referral for day program.	https://health-services.mercyhealth.com.au/our-health-services/oconnell-family-centre/ P: 8416 7600 F: 9816 9729
Tweddle Child and Family Health Service, Footscray	Day-stay and residential programs. Referral: health professional. Also in-home services, infant and perinatal psychology, childbirth education, relationship counselling.	www.tweddle.org.au P: 9689 1577 F: 9689 1922
Perinatal Infant Mental Health Service (PIMHS) Monash Health	Offers assessment, and ongoing outpatient parent-infant psychotherapy for parent infant relationship problems. Clinics at Dandenong, Berwick, Pakenham and Clayton.	Early in Life Mental Health Service (ELMHS) P: 1300 369 012
Mother and Baby Unit Monash Medical Centre Monash Health	6 inpatient beds and cots provided for mothers and babies in SE Victoria. Non-toddling infants (up to 12 months) admitted with mothers who must be able to care for their child a significant part of the day. Referral: health professional.	www.monashhealth.org/services/services-f-n/mental-health1/acute-mental-health-services/ P: 9594 1414
Monash Alfred Psychiatry Research Centre (MAPrc)	Perinatal clinic for women with serious mental illness in pregnancy and postpartum	http://maprc.org.au/perinatal-psychiatry-clinic P: 9076 6564
Austin Hospital Parent Infant Unit and Parent Infant Mental Health Initiative (PIMHI)	6 bed inpatient unit. Admission criteria: have a mental illness, baby ≤12 months, no active risk to baby, able to be managed in an open ward, live in the N/NE and Hume regions of Victoria. Referrals: contact Unit Registrar or Unit Manager. PIMHI is a specialist state-wide service, clinical support for mental health service providers.	www.austin.org.au/page?ID=356 P: 9496 6420 or 9496 6407 PIMHI Senior Parent Infant Mental Health Specialist P: 9496 6466

PRIVATE: Early Parenting/Sleep and Settling Centres and Specialist Services

Northpark Private Hospital	Parent and infant mental health inpatient units as well as sleep settling units. Provide day stay and/or residential programs for mothers, fathers and infants.	www.northparkprivatehospital.com.au/our-services/early-parenting-unit P: 9468 0100 F: 9468 0358
Mitcham Private Hospital	For feeding difficulties, infant sleeping problems, unsettled/irritable infants, reflux and	https://www.ramsaymentalhealth.com.au/en/our-locations/Mental-health-clinics/vic-locations/mitcham/specialty-areas/Perinatal/



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	colic, maternal exhaustion, anxiety and depression, adjusting to parenthood. Referral: medical referral is required.	P: 9210 3134 F: 9210 3183
Masada Private Hospital	Provide day stay and/or residential programs for mothers, fathers and infants. For feeding difficulties, infant sleeping problems, unsettled/irritable infants, reflux and colic, maternal exhaustion, anxiety and depression, adjusting to parenthood. Referral: medical referral is required.	https://www.masadaprivate.com.au/Early-Parenting-Centre/Introduction P: 9038 1415
Waverley Private Hospital		www.waverleyprivate.com.au/Our-Services/Early-Parenting-Centre/About-our-Early-Parenting-Centre P: 9881 9516

Telephone and Online Support and Websites for Women and Families

Name	Description	Contact
Queen Elizabeth Centre	Phone consultation. Sleep information for parents, podcasts and vodcasts.	www.qec.org.au P: 9549 2777
PANDA	Perinatal Anxiety and Depression Australia Phone support 0900 - 1930 Monday - Friday	www.panda.org.au P: 1300 726 306
Beyond Blue	Information about mental health conditions in the perinatal period and throughout life	www.beyondblue.org.au P: 1300 224 636
Raising Children Network	Australian parenting website	www.raisingchildren.net.au
Australian Breastfeeding Association	Breastfeeding support	www.breastfeeding.asn.au Helpline P: 1800 686 268
MumSpace	Online treatment for perinatal mental health	www.mumspace.com.au
Mind the Bump	Free mindfulness app for perinatal mental health	www.mindthebump.org.au
Centre of Perinatal Excellence (COPE)	Advice for women, families and health professionals. Org members include RACGP, RANZCOG RANZCP, PANDA	www.cope.org.au P: 9376 6321
Better Health Channel	Victorian government general health information	www.betterhealth.vic.gov.au
Parent-Infant Research Institute (PIRI) workshops	Online information and some workshops supporting parent wellbeing and infant development	www.piri.org.au P: 9496 4496

PRIVATE: Perinatal Specialist Multidisciplinary Outpatient Services

Glow Clinic	A multi-disciplinary perinatal emotional health and wellbeing practice (psychiatry, psychology, paediatrician, physiotherapy, yoga) offering specialist perinatal services	www.glowclinic.com.au/ P: 9769 5606
Centre for Perinatal Psychology	Psychologists working in Berwick with speciality in Perinatal Mental Health	www.centreforperinatalpsychology.com.au/
Antenatal and Postnatal Psychology Network	Perinatal practitioner list available on this website	www.antenatalandpostnatalpsychology.com.au/
Raphael Centre	Specialist perinatal and infant mental health services to families living in the Casey-Cardinia region. Outpatient based counselling low / no cost.	www.sjog.org.au/our-services/community-and-youth-services/st-john-of-god-raphael-services P: 9707 3988 F: 9707 0297