



## 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 <b>P: 5950 1099</b> Frankston City Council <b>P: 9784 1756</b>
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 <b>P: 1300 665 781</b>
The Orange Door	Intake service for specialist family violence, men's behaviour change, and ChildFIRST (family support) services	<a href="http://www.orangedoor.vic.gov.au">www.orangedoor.vic.gov.au</a> <b>P: 1800 319 353</b>

### 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 <a href="http://www.nhsd.com.au">www.nhsd.com.au</a>
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 <a href="http://www.nhsd.com.au">www.nhsd.com.au</a> <a href="http://www.psychology.org.au">www.psychology.org.au</a>
Accessible Psychological Interventions	Services providing short term psychological interventions for people with mild to moderate mental illness with a Health Care Card / low income.	<a href="http://www.semphn.org.au/resources/mental-health">www.semphn.org.au/resources/mental-health</a> <b>P: 1800 862 363</b>
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 <b>P: 1300 792 977</b> Monash Health Triage <b>P: 1300 369 012</b>
Private Psychiatrist	GP referral needed, can refer specifically for patient assessment and management plan MBS Item 291	Find a psychiatrist RANZCP <a href="http://www.yourhealthinmind.org/find-a-psychiatrist">www.yourhealthinmind.org/find-a-psychiatrist</a>
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 provided. MHCP required.	1300 851 758 <a href="https://www.gidgetfoundation.org.au/">https://www.gidgetfoundation.org.au/</a>
Beyond Blue	Clinical practice guidelines for PND/other disorders	<a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>
Peninsula Health GP Liaison Unit Webpages	Perinatal Mental Health, Mental Health Services, Mental Health Act, GP resources,	<a href="http://www.peninsulahealth.org.au/health-professionals/gp-liaison/mental-health-services/perinatal-mental-health/">www.peninsulahealth.org.au/health-professionals/gp-liaison/mental-health-services/perinatal-mental-health/</a>
Headspace	Information and programs for young parents	<a href="http://www.headspace.org.au">www.headspace.org.au</a>
Refugee Health Network	Guide to mental health services and referral pathways for people from refugee/asylum seeker backgrounds. Information on the Free Interpreting Service.	<a href="http://www.refugeehealthnetwork.org.au/refer/mental-health-services">www.refugeehealthnetwork.org.au/refer/mental-health-services</a>

### Perinatal Medication Advice

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



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

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### Early Parenting/Sleep and Settling Centres and Specialist Services

Kooweeup 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	<a href="http://www.kooweeuphospital.net.au/medical-services/early-parenting">www.kooweeuphospital.net.au/medical-services/early-parenting</a> <b>P: 5997 9679</b>
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.	<a href="http://www.qec.org.au/families/about-qecs">www.qec.org.au/families/about-qecs</a> <b>P: 9549 2777 F: 9549 2779</b>
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.	<a href="https://health-services.mercyhealth.com.au/our-health-services/oconnell-family-centre/">https://health-services.mercyhealth.com.au/our-health-services/oconnell-family-centre/</a> <b>P: 8416 7600 F: 9816 9729</b>
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.	<a href="http://www.tweddle.org.au">www.tweddle.org.au</a> <b>P: 9689 1577 F: 9689 1922</b>
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) <b>P: 1300 369 012</b>
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.	<a href="http://www.monashhealth.org/services/services-f-n/mental-health1/acute-mental-health-services/">www.monashhealth.org/services/services-f-n/mental-health1/acute-mental-health-services/</a> <b>P: 9594 1414</b>
Monash Alfred Psychiatry Research Centre (MAPrc)	Perinatal clinic for women with serious mental illness in pregnancy and postpartum	<a href="http://maprc.org.au/perinatal-psychiatry-clinic">http://maprc.org.au/perinatal-psychiatry-clinic</a> <b>P: 9076 6564</b>
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.	<a href="http://www.austin.org.au/page?ID=356">www.austin.org.au/page?ID=356</a> <b>P: 9496 6420 or 9496 6407</b> PIMHI Senior Parent Infant Mental Health Specialist <b>P: 9496 6466</b>

### 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. For feeding difficulties, infant sleeping problems, unsettled/irritable infants, reflux and	<a href="http://www.northparkprivatehospital.com.au/our-services/early-parenting-unit">www.northparkprivatehospital.com.au/our-services/early-parenting-unit</a> <b>P: 9468 0100 F: 9468 0358</b>
Mitcham Private Hospital		<a href="https://www.ramsaymentalhealth.com.au/en/our-locations/Mental-health-clinics/vic-locations/mitcham/specialty-areas/Perinatal/">https://www.ramsaymentalhealth.com.au/en/our-locations/Mental-health-clinics/vic-locations/mitcham/specialty-areas/Perinatal/</a>



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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.	<a href="https://www.masadaprivate.com.au/Early-Parenting-Centre/Introduction">https://www.masadaprivate.com.au/Early-Parenting-Centre/Introduction</a> P: 9038 1415
Waverley Private Hospital	Referral: medical referral is required.	<a href="http://www.waverleyprivate.com.au/Our-Services/Early-Parenting-Centre/About-our-Early-Parenting-Centre">www.waverleyprivate.com.au/Our-Services/Early-Parenting-Centre/About-our-Early-Parenting-Centre</a> 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.	<a href="http://www.qec.org.au">www.qec.org.au</a> P: 9549 2777
PANDA	Perinatal Anxiety and Depression Australia Phone support 0900 - 1930 Monday - Friday	<a href="http://www.panda.org.au">www.panda.org.au</a> P: 1300 726 306
Beyond Blue	Information about mental health conditions in the perinatal period and throughout life	<a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a> P: 1300 224 636
Raising Children Network	Australian parenting website	<a href="http://www.raisingchildren.net.au">www.raisingchildren.net.au</a>
Australian Breastfeeding Association	Breastfeeding support	<a href="http://www.breastfeeding.asn.au">www.breastfeeding.asn.au</a> Helpline P: 1800 686 268
MumSpace	Online treatment for perinatal mental health	<a href="http://www.mumspace.com.au">www.mumspace.com.au</a>
Mind the Bump	Free mindfulness app for perinatal mental health	<a href="http://www.mindthebump.org.au">www.mindthebump.org.au</a>
Centre of Perinatal Excellence (COPE)	Advice for women, families and health professionals. Org members include RACGP, RANZCOG RANZCP, PANDA	<a href="http://www cope.org.au">www cope.org.au</a> P: 9376 6321
Better Health Channel	Victorian government general health information	<a href="http://www.betterhealth.vic.gov.au">www.betterhealth.vic.gov.au</a>
Parent-Infant Research Institute (PIRI) workshops	Online information and some workshops supporting parent wellbeing and infant development	<a href="http://www.piri.org.au">www.piri.org.au</a> 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	<a href="http://www.glowclinic.com.au/">www.glowclinic.com.au/</a> P: 9769 5606
Centre for Perinatal Psychology	Psychologists working in Berwick with speciality in Perinatal Mental Health	<a href="http://www.centreforperinatalpsychology.com.au/">www.centreforperinatalpsychology.com.au/</a>
Antenatal and Postnatal Psychology Network	Perinatal practitioner list available on this website	<a href="http://www.antenatalandpostnatalpsychology.com.au/">www.antenatalandpostnatalpsychology.com.au/</a>
Raphael Centre	Specialist perinatal and infant mental health services to families living in the Casey-Cardinia region. Outpatient based counselling low / no cost.	<a href="http://www.sjog.org.au/our-services/community-and-youth-services/st-john-of-god-raphael-services">www.sjog.org.au/our-services/community-and-youth-services/st-john-of-god-raphael-services</a> P: 9707 3988 F: 9707 0297