

What is happening in your community?

Peninsula Health and Maternal and Child Health Services are working together to support mental health and wellbeing during pregnancy, birth and early parenthood for women and families.

Help in your community

Choice is available for women who may need extra support, counselling or medication.

Often, mild depression and anxiety can be treated without the need for medication.

There are a wide range of support services available in the Frankston/Mornington Peninsula region. Many of these are low cost or free services.

Talk to your GP, Maternal and Child Health Nurse, or other health professional for more information on the local services available.

Useful websites

PaNDA – Post and Ante Natal Depression Association www.panda.org.au
1300726306

beyondblue – the national depression initiative www.beyondblue.org.au
1300224636

Lifeline-Crisis Support 131114

Peninsula Health Mental Health Service Triage

Phone **1300 792 977**

Maternal and Child Health Services

Mornington Peninsula Shire
Phone **5950 1099**

City of Frankston Council
Phone **9784 1756**

Frankston Council Customer Service
1300 322 322

Helpline **132229**

Peninsula Health Community Health Services

Phone **1300 665 781**

This information has been provided by the

Disclaimer: The information contained in this brochure is intended to support not replace discussion with your doctor or health care professionals.

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Health

Information about your score on the

Edinburgh Postnatal Depression Scale

Promoting perinatal mental health and wellbeing in Frankston and the Mornington Peninsula



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Why is the Edinburgh Postnatal Depression Scale important for you?

Some women experience emotional difficulties during pregnancy and early parenthood. For this reason, Australian women are being routinely asked questions about their feelings during pregnancy and after the birth.

The Edinburgh Postnatal Depression Scale (EPDS) is a set of questions for you to answer. It can help to identify symptoms of anxiety and depression.

You will be given the EPDS as a normal part of your pregnancy and post pregnancy care.

You will be asked to complete the EPDS at least twice:

- Once during your pregnancy, and
- Once after pregnancy.

Having a high score on the EPDS does not necessarily mean you are suffering from depression or anxiety. This is determined following careful assessment by a health professional.

Doing the EPDS gives you the chance to talk with your health professional about your mental health and wellbeing.

What happens with your EPDS score?

If your score indicates a few risk factors

If your EPDS score indicates a few risk factors, your health professional may:

- Talk with you further about your current level of support
- Repeat the EPDS at your next appointment or suggest you talk to your GP
- Refer you back to your GP for a more thorough assessment and an opportunity for you to discuss possible support options
- Ask you about the current supports you have and discuss other possible support options.

If your score indicates serious cause for concern

If your score indicates a serious cause for concern, the health professional will:

Do a more thorough assessment with you or organise for this to be done urgently by your GP or other health professional. They may also speak directly to the Peninsula Mental Health Service (Triage 1300 792 977) if they are concerned about any risk to you or to others.

What can you do?

You can talk to your health professional and plan to:

- **Make the most of the supports around you**

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- **Think of what else you can do if things don't improve or if you feel you need extra support**

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- **Get more information about anxiety and depression**

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