

GP Perinatal Mental Health Guide

EMERGENCY

Peninsula Mental Health Triage P: 1300 792 977 or Emergency Department
if you are concerned about risk to mother and/or child

Perinatal screening for depression and anxiety

Screening with the Edinburgh Postnatal Depression Screen (EPDS) tool is **offered to all women** at the **Booking In Appointment** at the Peninsula Health Antenatal Clinic and at **four to eight weeks postnatally** at Frankston and Mornington Peninsula Maternal & Child Health Services.

If there is concern about a woman's mental health (eg EDPS score > 13) she may be referred back to you (her GP) with a referral letter for further assessment and management.

Urgent appointments with GPs will be requested by phone.

Antenatal care for pregnant women with a mental illness

Pregnant women with a mental illness should be referred to Booking In Clinic **F: 9788 1879 P: 9784 2600**. Women with severe mental illness will be triaged as high risk and will be seen in the Obstetric Clinic.

Women who have a chemical dependency, some less severe mental health issues or special needs such as intellectual disability can be booked in directly to the specifically designed Specialty Midwife Clinic if appropriate. Enquiries about appropriate referrals for women **P: 9784 2647**.

The assumption is made that pregnant women with a mental health condition, especially if on medication, will continue to see their GP or psychiatrist during their pregnancy to monitor their mental health. You may be faxed a form called the Perinatal Mental Health Medication Review Form to provide a summary of any discussions you have had with your patient regarding her current and ongoing psychiatric medication and care. This information will be used by hospital staff to help provide optimal care for mother and baby.

Special counselling services

ATSI women: NB For women from culturally and linguistically diverse backgrounds, lower EPDS scores may require follow-up. Aboriginal Health Liaison Officers support counsellors at PH Community Health to deliver culturally safe practice. Referrals to Community Health via [ACCESS](http://www.access.org.au) 1300 665 781

The **Koori Maternity Service** gives specialised social support in the perinatal period for women who will or have birthed ATSI babies. Women will usually be referred by midwives at booking in clinic.

Further information and resources for GPs

Further Assessment and Management

- Peninsula Health Mental Health Triage **P: 1300 792 977** for referrals for perinatal mental health concerns, for medication reviews and/or secondary consultation with a psychiatrist.
- **"Perinatal Mental Health Assessment and Care Options 2017"**

This is an extensive list of local and regional care options available on the PH GP Liaison Unit website

<http://www.peninsulahealth.org.au/health-professionals/gp-liaison/mental-health-services/perinatal-mental-health/>

General advice including Medication and Preconception Advice

- **The Womens Hospital Medicines Information Service P: 8345 3190**
- **National Institute for Health & Clinical Excellence (NICE UK)**
<http://pathways.nice.org.uk/pathways/antenatal-and-postnatal-mental-health>
- **Beyond Blue** Clinical Practice Guidelines for PND/other disorders www.beyondblue.org.au

Mother and Baby Services

- Refer to **"Perinatal Mental Health Assessment and Care Options 2017"** (see above)