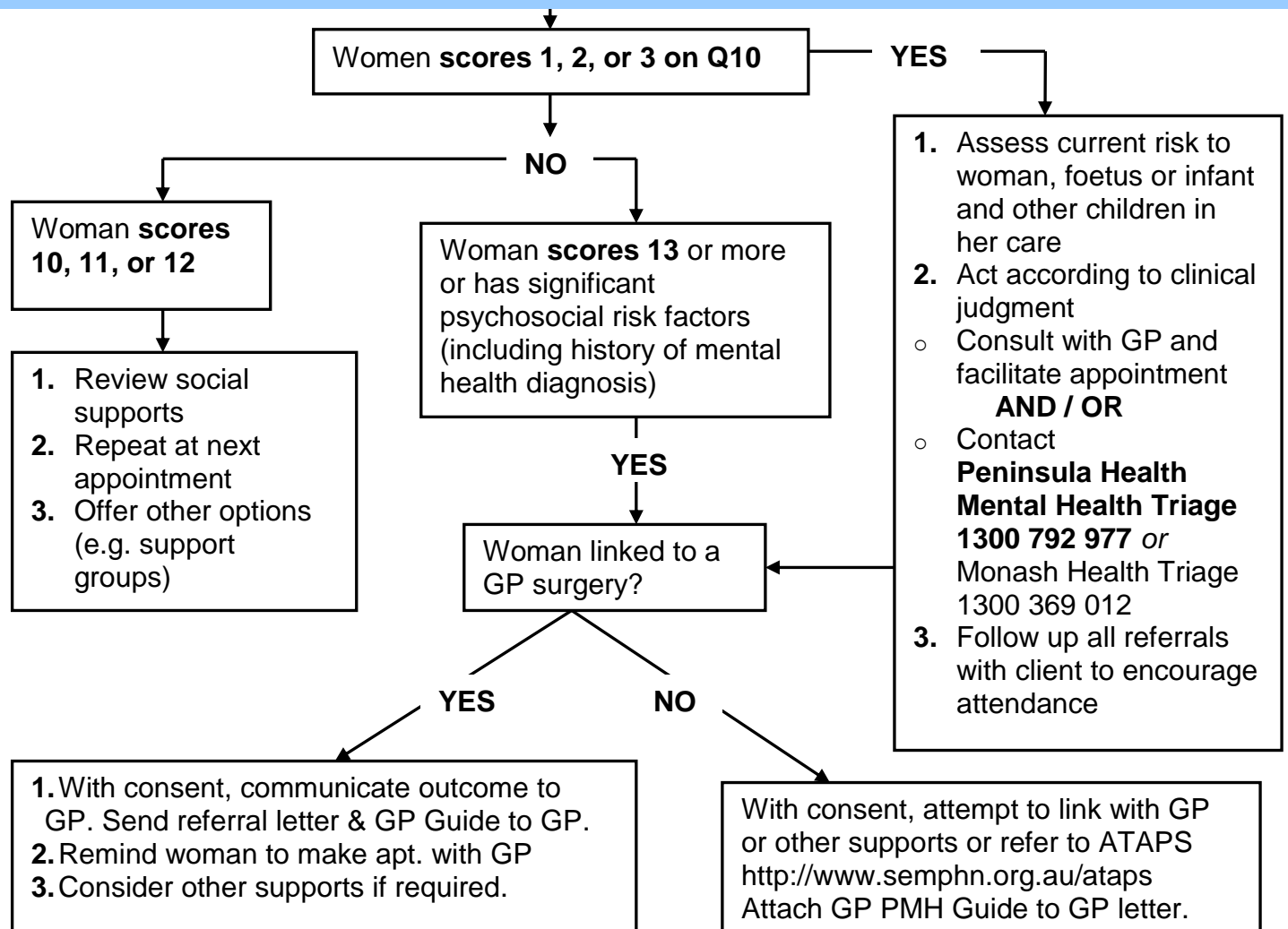


Perinatal Mental Health Pathway (July 2015)

Maternal & Child Health –Frankston and Mornington Peninsula

The Edinburgh Postnatal Depression Scale (EPDS) is to be offered to all women at the four - eight week postnatal appointment. All EPDS scores and actions are recorded in the woman's record. Any concerns to be discussed by phone with the woman's GP. Discuss concerns with team leader



1. "Perinatal Mental Health Assessment and Care Options 2015" on the PH GP Liaison Unit website www.peninsulahealth.org.au/health-professionals/gp-liaison/mental-health-services/
2. **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 via ACCESS 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.

What to do if a woman refuses referral:

- Assess the woman's informal support systems – including attitudes and availability of significant other/s and other support people
- Encourage continuing contact with any healthcare professional currently involved
- Provide Beyond Blue perinatal information pack to woman and family/carers (with consent).
- Continue to assess mental health at subsequent appointments
- Offer other options e.g. Panda, community support groups
- Consult with Team Leader if required re potential Child Protection risk
- **If concerned, call PHMHS triage 1300 792 977 for advice**