

Perinatal Mental Health Assessment and Care Options

Urgent referrals: Mental Health Triage Ph. 1300 792 977 or go to Emergency Department

Self-referral Options

Name	Description	Contact
Maternal Child Health Services	Central booking for Universal Maternal Child Health Nurse Services, local Perinatal Depression Support groups, playgroups and parent education programs.	Mornington Peninsula Shire P: 5950 1099 Frankston City Council P: 9784 1756
Peninsula Health Community Health/ACCESS	No or low cost counselling & group work	Frankston, Mornington, Rosebud & Hastings P: 1300 665 781
The Orange Door	Intake services for specialist family violence services, perpetrator/men's services, and Child FIRST services.	www.orangedoor.vic.gov.au P: 1800 319 353

Telephone & Online Support and Websites for Women and Families

Queen Elizabeth Centre	Phone consultation. Sleep information for parents, podcasts & vodcasts.	www.qec.org.au P: 9549 2777
PANDA	Post & Antenatal Depression Association 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	Breast feeding support	www.breastfeeding.asn.au Helpline P: 1800 686 268
Mind the Bump	Free mobile phone 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 well-being and infant development	www.piri.org.au P: 9496 4496

Patient Assessment and Management

General Practitioners - GPs	Assessment, management, counselling, referral & GP Mental Health Care Plans (MHCP) if patient has eligible condition; 10 services per patient per calendar year.	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 (replacing ATAPS)	Flexible support for people with mild to moderate mental illness with a Health Care Card or low income.	www.semphn.org.au/resources/mental-health P: 1800 862 363
Peninsula Health Mental Health Service	Urgent referrals and GP referrals for perinatal mental health concerns and for medication reviews.	PH Mental Health Triage P: 1300 792 977
Private Psychiatrist	GP referral needed, can refer specifically for patient assessment and management plan MBS Item 291	Find a psychiatrist NHSD www.nhsd.com.au
Beyond Blue	Clinical practice guidelines for PND/other disorders	www.beyondblue.org.au
Peninsula Health GP Liaison Website	Perinatal Mental Health, Mental Health Services, Mental Health Act, GP resources, Frankston Mornington Peninsula Perinatal Mental Health Collaborative	www.peninsulahealth.org.au/health-professionals/gp-liaison/mental-health-services
headspace	Information and programs for young parents	www.headspace.org.au
Refugee Health Network	Guide to mental health services & 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

National Institute for Health & Clinical Excellence (NICE UK)	Perinatal mental health Mx including pharmacotherapy	pathways.nice.org.uk/pathways/antenatal-and-postnatal-mental-health
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

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Perinatal Medication Advice continued		
Monash Medicines Information Centre	Specialised pharmacy advice	www.monashhealth.org/patients-visitors/pharmacy-top/drug-information-centre P: 9594 2361 F: 9594 6283
National Register of Antipsychotic Medications in Pregnancy (NRAMP)	Monitors antipsychotic medication used in pregnancy	www.maprc.org.au/nramp/what-nramp
PUBLIC: Early Parenting/Sleep & Settling Centres and Specialist Services		
Name	Description	Contact
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/taxonomy/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 & 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-locations/oconnell-family-centre P: 8416 7600 F: 9816 9729
Tweddle Child & 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, management and treatment of parents and infants in the perinatal period. Services via community outpatient clinic at Frankston, outreach and group programs.	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.	http://monashhealth.org/services/services-f-n/mental-health1/acute-mental-health-services/ P: 9594 1414
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 & Hume regions of Victoria. Referrals: contact Unit Registrar or Unit Manager. PIMHI is a specialist statewide 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 & Settling Centres and Specialist Services		
Name	Description	Contact
Raphael Centre	Specialist perinatal and infant mental health services to families living in the Casey-Cardinia region.	www.sjog.org.au/our-services/community-and-youth-services/st-john-of-god-raphael-services/locations/berwick P: 9707 3988 F: 9707 0297
Northpark Private Hospital	Mother and Baby Units All provide day stay and/or residential programs for mothers, fathers and infants.	www.northparkprivatehospital.com.au/our-services/mother-baby-unit P: 9468 0100 F: 9468 0358
Masada Private Hospital	For feeding difficulties, infant sleeping problems, unsettled / irritable infants, reflux & colic, maternal exhaustion, anxiety and depression, adjusting to parenthood.	www.masadaprivate.com.au/Our-Services/Early-Parenting-Centre/Introduction P: 9038 1415
Mitcham Private Hospital	Referral: medical referral is required.	www.mitchamprivate.com.au/Our-Services/Mental-Health-Perinatal P: 9210 3134 F: 9210 3183
Waverley Private Hospital		www.waverleyprivate.com.au/Our-Services/Waverley-Early-Parenting-Centre P: 9881 9516