



Perinatal Mental Health Assessment and Care Options

October 2024

For all urgent care contact Mental Health Telephone Triage

Peninsula Health: 1300 792 977

Monash Health: 1300 369 012

or go to the nearest Emergency Department

Name	Description	Contact details	Refer	Cost
Easily Accessible				
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 www.nhsd.com.au	Self	Depends
Mental Health and Wellbeing services (public)	The central intake point for mental health services, 24/7. Contact triage with referrals for mental health concerns	Peninsula Health Triage: 1300 792 977 Monash Health Triage: 1300 369 012	Self	Free
Maternal Child Health Services	MCHS provides support and referrals for families with children aged birth to school years, but are not a perinatal mental health service. Central booking number for Maternal and Child Health Services, including referrals to the Enhanced MCH program, supported playgroups and parent education programs.	Mornington Peninsula Shire P: 5950 1099 Frankston City Council P: 9784 1756	Self	Free
Linkage and Referral Services				
For When	National perinatal mental health service linkage service	www.forwhenhelpline.org.au P: 1300 24 23 22	Self	Free
Refugee Health Network	Guide to mental health services and referral pathways for people from refugee/asylum seeker backgrounds. Information on the Free Interpreting Service.	www.refugeehealthguide.org.au/referrals/victoria/	Self	Free
Counselling and Psychological Supports				
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 P: 1300 665 781	Self	Depends
Accessible Psychological Interventions	Services providing short term psychological interventions for people with mild to moderate mental illness with a Health Care Card / low income.	www.semphn.org.au/access-and-referral P: 1800 862 363	GP	Yes
Mental Health and Wellbeing Local	Services for people experiencing moderate mental health challenges, family and carer support also available. All support is free.	www.betterhealth.vic.gov.au/mhwlocal Frankston Local: 1800 000 525	Self	Free
Private Psychologist / Allied Health Professional:	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	GP	Yes



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Better Access to Medicare		www.psychology.org.au		
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 provides. MHCP required.	1300 851 758 www.gidgetfoundation.org.au/	Self	Free
Antenatal and Postnatal Psychology Network	Perinatal practitioner list available on this website	www.antenatalandpostnatalpsychology.com.au	N/a	Yes
Private Psychiatrist	GP referral needed, can refer specifically for patient assessment and management plan MBS Item 291	Find a psychiatrist RANZCP www.yourhealthinmind.org/find-a-psychiatrist	GP	Yes
Mums Matter Psychology	Appointments via telehealth or in-person (no local options). Service can provide 20 bulk-bill sessions under Medicare with a GP mental Health Care Plan. After this a gap fee applies	Intake form can be found here New client intake form Mums-Matter (mumsmatterpsychology.com)	GP	Limited free
MumSpace	Online treatment for perinatal mental health	www.mumspace.com.au	Self	Free
DadSpace	Online treatment for perinatal mental health	www.dadspace.com.au	Self	Free
Glow Clinic	A multi-disciplinary perinatal emotional health and wellbeing practice (psychiatry, psychology, paediatrician, physiotherapy, yoga) offering specialist perinatal services	www.glowclinic.com.au/ P: 9769 5606	GP	Yes
Centre for Perinatal Psychology	Psychologists working in Berwick with speciality in Perinatal Mental Health	www.centreforperinatalpsychology.com.au/	GP	Yes
Raphael Centre	Specialist perinatal and infant mental health services to families living in the Casey-Cardinia region. Outpatient based counselling low / no cost.	www.sjog.org.au/our-services/community-and-youth-services/st-john-of-god-raphael-services P: 9707 3988 F: 9707 0297	GP	Depends
headspace	Information and programs for young parents	www.headspace.org.au	Self	Free
The Orange Door	Intake service for specialist family violence, men's behaviour change, and ChildFIRST (family support) services	www.orangedoor.vic.gov.au P: 1800 319 353	Self	Free
Phone and Online Supports				
PANDA	Perinatal Anxiety and Depression Australia Phone support 0900 - 1930 Monday - Friday	www.panda.org.au P: 1300 726 306	Self	Free
Queen Elizabeth Centre	Phone consultation. Sleep information for parents, podcasts and vodcasts.	www.qec.org.au P: 9549 2777	Self	Free
Centre of Perinatal Excellence (COPE)	Advice for women, families and health professionals.	www.cope.org.au P: 9376 6321	N/a	Free



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Parent-Infant Research Institute (PIRI) workshops	Online information and some workshops supporting parent wellbeing and infant development.	www.piri.org.au P: 9496 4496	Self	Free
Through the Unexpected	Support for people receiving an unexpected finding during screening and a prenatal diagnosis of 'major congenital anomaly'. Provides information on support groups as well.	www.throughtheunexpected.org.au	Self	Free
Miracle Babies Foundation	Parent to parent support program for parents experiencing a threatened pregnancy, during the time spent in a Neonatal Intensive Care Unit (NICU) or Special Care Nursery (SCN), the transition to home and beyond. This support also includes the loss of a baby cared for by a NICU/SCN.	www.miraclebabies.org.au P: 1300 622 243	Self	Free
Beyond Blue	Information about mental health conditions in the perinatal period and throughout life	www.beyondblue.org.au P: 1300 224 636	N/a	Free
Head to Health	Mental health and wellbeing support	www.headtohealth.gov.au	N/a	Free
Better Health Channel	Victorian government general health information	www.betterhealth.vic.gov.au	N/a	Free
Lifeline	Mental health specific telephone support in a crisis	P: 13 1114	Self	Free
Maternal Child Health Advice Line	24 hour telephone advice line staffed by qualified Maternal Child Health Nurses, offering information, advice and referral to all families with young children.	P: 13 22 29	Self	Free
Raising Children Network	Australian parenting website	www.raisingchildren.net.au	Self	Free
Australian Breastfeeding Association	Breastfeeding support	www.breastfeeding.asn.au Helpline P: 1800 686 268	Self	Free
Specialist Mental Health and Wellbeing Services (including Perinatal Services)				
Public				
Infant, Child and Youth Service	The Infant, Child and Family Team works with infants and children between the ages of 0-25, their families, carers and supporters who require a period of extended care from 3 – 6 months.	Peninsula Health telephone Triage P: 1300 792 977 Infant, Child and Family Team - Peninsula Health	Self &/or other services	Free
ELMHS	For detected difficulties in the infant - sleeping / feeding / settling / bonding ect - refer to ELMHS to the 0-11 years stream. <i>This part of service will transition to Peninsula Health approx. July 2024.</i>	Monash Health Triage P: 1300 369 012	Self	Free
Peninsula Health Perinatal Mental Service	Referrals only accepted from Peninsula Health Women's Health Antenatal Clinic	N/A	N/A	Free
Perinatal Infant Mental Health Service (PIMHS) Monash Health	Has now moved into the Adult Mental Health and Wellbeing Services at Monash Health and usual boundaries apply and do not include Mornington Peninsula. Offers assessment, and ongoing outpatient parent-infant psychotherapy for parent infant relationship problems. Clinics at Dandenong, Berwick, Pakenham and Clayton.	Monash Health Triage P: 1300 369 012	Self	Free



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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.	www.monashhealth.org/services/services-f-n/mental-health1/acute-mental-health-services/ P: 9594 1414	GP	Free
Monash Alfred Psychiatry Research Centre (MAPrc)	Perinatal clinic for women with serious mental illness in pregnancy and postpartum	http://maprc.org.au/perinatal-psychiatry-clinic P: 9076 6564		
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.	www.austin.org.au/page?ID=356 P: 9496 6420 or 9496 6407 PIMHI Senior Parent Infant Mental Health Specialist P: 9496 6466		
Women's recovery network (WREN)	Statewide service supporting women aged 18 years and over with a range of complex issues including perinatal mental health. Public service located in a private hospital, includes in-home services.	www.alfredhealth.org.au/services/statewide-services/womens-recovery-network/about-wren	Clinician	Free
Private				
St John of God Langmore Centre (Berwick)	Parent Infant Mental Health Unit providing inpatient stays for mother, fathers, infants and other family members.	https://www.sjog.org.au/our-locations/st-john-of-god-langmore-centre/our-services-1/mental-health-and-therapy/parent-infant-mental-health-unit	GP	Yes
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 colic, maternal exhaustion, anxiety and depression, adjusting to parenthood. Referral: medical referral is required.	www.northparkprivatehospital.com.au/our-services/early-parenting-unit P: 9468 0100 F: 9468 0358	GP	Yes
Mitcham Private Hospital	Perinatal Mental Health Unit for postnatal stays with baby (aged up to 12 months) and for expectant mothers.	https://www.ramsaymentalhealth.com.au/en/our-locations/Mental-health-clinics/vic-locations/mitcham/specialty-areas/Perinatal/ P: 9210 3134 F: 9210 3183	GP	Yes
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.	https://www.masadaprivate.com.au/Early-Parenting-Centre/Introduction P: 9038 1415	GP	Yes



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Waverley Private Hospital	Referral: medical referral is required.	www.waverleyprivate.com.au/Our-Services/Early-Parenting-Centre/About-our-Early-Parenting-Centre P: 9881 9516	GP	Yes
Perinatal Medication Advice				
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		Free
Monash Medicines Information Centre	Specialised pharmacy advice for GP's.	www.monashhealth.org/patients-visitors/pharmacy/#medicines-information-centre P: 9594 2361 F: 9594 6283	GP	Free
GP Psychiatry Support Line	Available for GPs to call to discuss medication advice, diagnostic clarification, risk and safety, management planning and general professional counsel. GPs are connected directly with psychiatrists and can request specific perinatal psychiatrist input.	www.gpsupport.org.au 1800 16 17 18	GP	Free
National Register of Antipsychotic Medications in Pregnancy (NRAMP)	Monitors antipsychotic medication used in pregnancy, research register only. Pregnant women taking antipsychotics can be referred to be included in research if they consent to help advance knowledge of antipsychotic use in pregnancy.	www.maprc.org.au/nramp/what-nramp	N/a	Free
National Institute for Health and Clinical Excellence (UK)	Perinatal mental health management including pharmacotherapy	pathways.nice.org.uk/pathways/antenatal-and-postnatal-mental-health	N/a	Free
Early Parenting, Sleep and Settling Centres				
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.	www.qec.org.au/families/about-qecs P: 9549 2777 F: 9549 2779	Self	Free
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-health-services/oconnell-family-centre/ P: 8416 7600 F: 9816 9729	GP	Free
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.	www.tweddle.org.au P: 9689 1577 F: 9689 1922	Self	Free



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Guidance Resources for Professionals

Perinatal Medications Advice lines as listed above				
Beyond Blue	Clinical practice guidelines for PND/other disorders	www.beyondblue.org.au	N/a	Free
Peninsula Health GP Liaison Unit Webpages	Perinatal Mental Health, Mental Health and Wellbeing Services, Mental Health and Wellbeing Act, GP resources	www.peninsulahealth.org.au/health-professionals/gp-liaison/mental-health-services/perinatal-mental-health/	N/a	Free
Centre of Perinatal Excellence (COPE)	Advice for women, families and health professionals.	www.cope.org.au P: 9376 6321	N/a	Free