

PATIENT SELF MANAGEMENT AND EDUCATION.

Who	Contacts	Websites
PaNDA Post & Ante Natal Dep Assoc	Phone support 9.30am - 4.30pm; Mon - Fri 1300 726 306	www.panda.org.au
Beyond Blue	Info line 1300 224 636	www.beyondblue.org.au
Mothers Matter	New Zealand based website	www.mothersmatter.co.nz
Australian Breastfeeding Association	Helpline 1800 686 2 686	www.breastfeeding.asn.au
Children of Parents with a Mental Illness	08 8367 0888 Children 2yrs -18 yrs (Resource Centre)	www.copmi.net.au
The LooksOutside Website	Client resources and links for local area	www.looksoutside.org.au
Maternal Child Health Services	Referral options such as:	
<ul style="list-style-type: none"> ▪ Mornington Peninsula Shire Ph. 5950 1635 Fax 5950 1667 ▪ City of Frankston Ph 9784 1888 Fax 9781 3117 	<ul style="list-style-type: none"> ▪ Enhanced MCHN ▪ Local PND Support Groups and play groups ▪ Parent Education Programs 	
Community Health Services	<ul style="list-style-type: none"> ▪ Frankston Ph. 9784 8100 ▪ Mornington Ph. 5975 8266 	<ul style="list-style-type: none"> ▪ Rosebud Ph 5986 9250 ▪ Hastings Ph: 5971 9100
No cost counselling & group work		

ASSESSMENT ADVICE (FURTHER DETAILS OVER PAGE)

Who	What service
If concerned about risk to mother &/or child contact PH MH Triage 1300 792 977 or send patient directly to ED	
Peninsula Health Primary Mental Health	Via Mental Health Triage on 1300 792 977
GP Psych Support	Contact 1800 200 588 or email www.psychsupport.com.au to set up a user name and password.
Private Psychiatrist	Assessment and Management Plan Item No. 291 template on www.pgpn.org.au
Raphael Centre (St John of God) Berwick	9707 3988 or email info.raaphaelberwick@sjog.org.au
General Practitioners (GPs)	To contact a GP, leave message stating issue & level of urgency

MEDICATION ADVICE

Who	What service
Royal Women's Hospital Phone 8345 3190	Perinatal Psychotropic Medication Information Service has information for professionals & fact sheets for clients www.ppmis.org.au Ask for Psychiatric Reg. Mon - Fri 9am.-5pm www.thewomens.org.au/AskaPharmacist
Monash Medical Centre	Phone 9594 2361
National Register of Antipsychotic Medications in Pregnancy (NRAMP)	To register to receive quarterly newsletter and register women on antipsychotic meds, contact Heather Gilbert Phone 9076 6988 email H.Gilbert@alfred.org.au
National Institute for Health and Clinical Excellence (NICE) UK	Antenatal and postnatal mental health- Clinical Management and service guidance. Page 12-17. http://www.nice.org.uk/nicemedia/live/11004/30432/30432.pdf
Mother Risk Website	www.motherisk.org.au has up to date information re: drug use in pregnancy

MANAGEMENT AND TREATMENT OPTIONS

Who	What service			
GPs – Perinatal ATAPS Program via GP Mental Health Treatment Plan	Perinatal ATAPS (Access to Psychological Services) –not means tested. GP Mental Health Treatment Plan completed by GP then faxed to PGPN 9708 8157 or Ph 9708 8019 or visit website www.pgpn.org.au			
GPs - Referral under Better Access	Medicare rebated consultation with private Psychologist/Allied Health Professional			
Peninsula Health Mental Health	Via Peninsula Health Mental Health Triage 1300 792 977			
Peninsula Health GP Liaison Website	peninsulahealth.org.au/health-professionals/gp-liaison/mental-health-services/			
Beyond Blue	Clinical Practice guidelines for depression and related disorders - anxiety, bipolar disorder and puerperal psychosis - in the perinatal period. http://www.beyondblue.org.au/index.aspx?link_id=6.1246			
Mother-Baby Units	See over			
Parent Infant Mental Health Service (PIMHS)	Inpatient service Monash Mother Baby Unit. Community service, outpatient clinic, outreach & group therapy – all referrals via Southern Health Triage Service – 1300 369 012			
Early Parenting Services – see overleaf for referral	<table border="1" style="width: 100%;"> <tr> <td>Queen Elizabeth Services - Ph. 9549 2777</td> <td rowspan="2">O'Connell Family Centre - Ph. 8416 7600</td> </tr> <tr> <td>Kooweerup Hospital - Ph. 5997 9679</td> </tr> </table>	Queen Elizabeth Services - Ph. 9549 2777	O'Connell Family Centre - Ph. 8416 7600	Kooweerup Hospital - Ph. 5997 9679
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SPECIALIST SERVICES
Contact details, referral process and criteria



PUBLIC SERVICES		
Service	Referral Process and Criteria	Services Provided
Rosebud – Hillview Unit Phone 5986 0672	Referral - self, MCHN, GP-wait list usually 6-8 weeks Phone for information pack. Mothers must be able to wait for a planned admission and able to care for their own infant.	Lactation clinic, Early Parenting Day Stay, Sleep Clinics, postnatal care. Mother Baby Unit – 5 day & 4 nights stay for 3 mothers and 3 babies up to 12 months of age.
Kooweerup Early Parenting Centre Phone 5997 9679	Referral - self, MCHN, Medical Practitioner, other health professional. Waiting list 5-6 weeks.	Day programs - 4 days per week for parents with infants aged 2 weeks to 12 months of age. Aims to develop parenting skills .
Queen Elizabeth Centre – Noble Park Phone 9549 2777	Referral - self, MCHN, Medical Practitioner or DHS. Waiting List - If GP referring client will be called back within a week for appt If client self referring she will be called back within a month for an assessment appt. Wait list variable - usually 4-8 weeks.	Provides day stay and residential programs for parents, babies and toddlers. The programs develop early parenting skills and assess sleep, feeding problems, behavioural difficulties and for PND. Also provide parenting assessments for DHS.
O'Connell Family Centre - Canterbury Phone 84167600	Referrals - patients may make initial contact but will require a doctor's referral for the residential program and a MCHN referral for day program. Waiting list usually 6 weeks	As per Queen Elizabeth Centre above
Perinatal Infant Mental Health Service (PIMHS)- a stream of Early in Life Mental Health Service (ELMHS) (previously known as CAMHS) Monash Mother Baby Unit – Clayton Outpatient Service	Referral – Southern Health Psychiatric Tirage Service (PTS) 1300 360 012 An assessment interview will be arranged prior to admission. Waiting list varies from 24 hours to 2-3 weeks. NB Mothers must be able to care for their infant for a significant part of the day.	Offers a 6 bed + 6 cot inpatient unit for women with perinatal psychiatric/psychological disorders and their infants. Length of stay varies dependent on individual needs but the average is 3-4 weeks. NB Able to take involuntary clients after assessment of level of risk to mother and infant in an open environment. Suitable where risks exist in the Perinatal and infant development stages leaving parent and infant vulnerable to relational problems and associated difficulties. Offers primary and secondary consultations, assessment, management and treatment of parents and infants in the Perinatal period. Services offered via community outpatient clinic at Frankston, outreach and group programs.
PRIVATE SERVICES		
Raphael Centre – Berwick. Ph 9707 3988 Fax 9707 0297 NB Generally limited to women in the Casey Cardinia area or who deliver at St John of God		Outpatient Counselling, psychiatric assessment. Antenatal and Postnatal Therapeutic Group Programs. Able to be seen quickly and offer Bulk Billing.
Northpark Private Hospital – Bundoora. Ph 9467 6022 Masada Private Hospital – East St Kilda. Ph 9038 1300 Mitcham Private Hospital – Mitcham. Ph 9210 3222 Neerim District Soldier's Memorial Hospital – Neerim South. Ph 5628 1226 Referral - a medical referral is required.		All provide specialised care for mothers, fathers and infants 0-12 months. A 5x day residential program for mothers suffering from anxiety, fatigue, exhaustion and difficulties adjusting to parenthood. Babies are admitted for sleep disturbance, gastro-oesophageal reflux feeding difficulties and failure to thrive. Day stay program runs over one to two days for families whose needs are deemed less critical.
Albert Road Clinic Parent-Infant Program Referral needs to be done by a medical practitioner via the intake worker. Intake worker is also able to advise which Psychiatrists have their books open for Private Consultations. Ph 9256 8322 Waiting list is usually 2 days to 2 weeks.		Specialist unit that focuses on helping parents and their infants when difficulties arise, eg. Exhaustion depression, anxiety, adjustment disorders, unsettled baby. It includes an inpatient unit, day program and outreach service. The inpatient unit is a 6 bed, 6 cot facility that can accommodate the mother, father and infant.
Peninsula GP Network Mental Health Program – Ph: 9708 8019 E: contact@pgpn.org.au www.pgpn.org.au		