



Mental Health Services

METRO SOUTH HEALTH SERVICE DISTRICT

Metro South Perinatal Mental Health Service

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beyondblue:

the national depression initiative

Perinatal Mental Health Consortium

Perinatal Mental Health National Action Plan

2008-2010
Full Report



Overall Aim of National Action Plan:

To improve the mental health and wellbeing of women and their families and to raise awareness in the community regarding perinatal mental health disorders.

3 Key Strategies to achieve aim:

1. Universal Routine Psychosocial Assessment

- *Routine use of Edinburgh Depression Scale*
- *Psychosocial assessment*

2. Training and Workforce Development

- *Training and building capacity within workforce to respond appropriately to perinatal mental health*

3. Pathways to Care

- *To identify and develop a framework for local pathways to care for all levels of care across services and sectors so as to enhance the quality of care provided*

WHO CAN USE THE SERVICE?

The service is for women who are pregnant or have a baby up to two years of age and their families living in the Metro South area (southern and eastern suburbs of Brisbane and Logan City) or who have a GP located in the Metro South Health Service District.



Metro South Perinatal Mental Health Contact Details

Location
Burke Street Centre
Building B2
2 Burke Street
WOOLLOONGABBA QLD 4102

Mailing Address
Metro South Perinatal Mental
Health Service (Burke Street)
Princess Alexandra Hospital
199 Ipswich Road
WOOLLOONGABBA QLD 4102

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(07) 3176 1156

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(07) 3176 1298

METRO SOUTH PERINATAL MENTAL HEALTH



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Metro South Perinatal Mental Health Service

- Funded as a direct response to the Perinatal MH plan (2008)

Objectives:

- Provide a perinatal consultation liaison service to primary care providers
- Build skills and capacity of the perinatal mental health sector to better respond to the needs of perinatal families
- Develop pathways to care to support women and their families in the perinatal period to identify and seek treatment early

Metro South Perinatal Mental Health Service

- Liaison and training component
 - GPs, Child Health Services, Midwives (Mater and Logan Hospital), NGOs
 - Perinatal Screening, Use of Edinburgh Depression Scale and Identification of perinatal illness
 - Local pathways to care

Service Provision

- Specialist mental health service for perinatal women offering assessment and brief intervention at GP, Child Health or community settings with recommendations for management with summary letters to referrer and treating GP
 - *Comprehensive phone triage*
 - *Brief intervention: 1-3 appointments*
 - *Comprehensive assessment*
 - *Psycho-education, community resource information & linkage, CBT based strategies*
 - *Referral onward as required – Better Outcome options, NGOs, GLAS, public mental health if admission or case management required*

Referral Process

- Accept referrals from health providers on a referral form which can be faxed to our service
- Accept referrals from women themselves



2011

Community Resource Directory for Perinatal Mental Health Care

Information provided in this directory was correct at the time of printing.



CLINICAL PRACTICE GUIDELINES

Depression and related disorders – anxiety, bipolar disorder and puerperal psychosis – in the perinatal period

A guideline for primary care health professionals

February 2011

