

Support for health professionals

Queensland Centre for Perinatal and Infant Mental Health also provides leadership, advocacy, professional development and support for health professionals, to promote the mental health and emotional wellbeing of families across Queensland.

Our Strategy and Service Development Unit has four statewide priorities for perinatal and infant mental health:

- service development
- workforce development
- mental health promotion and prevention
- research and evaluation

QCPIMH works in partnership with other government departments, private agencies, tertiary institutions, non-government organisations, and consumers and carers, to:

- upskill and support healthcare professionals and other service providers
- create and distribute resources about perinatal and infant mental health
- support the development of better services and pathways to care for women, their infants, partners, and families

QCPIMH aims to bring perinatal and infant mental health needs to the attention of policy-makers, decision-takers and the general community, to improve the emotional wellbeing of all Queensland parents, infants and young children, and families.



Developed by the Queensland Centre for Perinatal and Infant Mental Health (QCPIMH), Children's Health Queensland Hospital and Health Service, with the support of the National Perinatal Depression Initiative.

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Queensland Centre for Perinatal and Infant Mental Health

What we do

The Queensland Centre for Perinatal and Infant Mental Health (QCPIMH) supports parents, caregivers and communities to have the confidence, knowledge, skills, and resources to support their own wellbeing and raise emotionally healthy and resilient children.

What is perinatal and infant mental health?

Perinatal mental health describes the mental health and emotional wellbeing of parents, from conception until two years after the end of pregnancy. For most families, this is a time of excitement and joy. However, adjusting to pregnancy and parenthood can be stressful. Parents with a pre-existing mental health issue may find the perinatal period particularly challenging. Unplanned or unexpected outcomes of pregnancy, such as a difficult birth, can have significant emotional impacts. The mental health and wellbeing of parents is critically important to the emotional and physical development of the infant.

Infant mental health describes the emotional wellbeing of infants and young children from conception to age three. It refers to their ability to experience, express and manage emotions; to form close and secure relationships with parents and caregivers; and to explore their environment and learn about the world. An infant's development is influenced by inborn characteristics like temperament, and environmental factors such as family, community and culture. Central to the infant's emotional wellbeing is the relationship between the infant and their primary caregiver.

Our services

Zero to Four Child and Youth Mental Health Service (Zero to Four CYMHS)

This is a specialised mental health service for infants and young children from birth to four years who are not yet at school. Services are provided by a team of mental health clinicians including psychiatrists, psychologists, mental health nurses, social workers, speech pathologists, and occupational therapists. Families living in Brisbane and Pine Rivers can access the service.

Zero to Four CYMHS accepts referrals:

- for infants and young children experiencing emotional and/or behavioural difficulties to the degree that their social, emotional or developmental wellbeing is at risk
- for infants and young children where the relationship between them and their parents is difficult, and spending time together is not enjoyable
- for women and their families who are struggling to develop a positive relationship with their unborn baby

General Practitioners (GPs) or other service providers can provide more information, and can make a referral to Zero to Four CYMHS with a family's consent.

“Successful parenting is a principal key to the mental health of the next generation”

John Bowlby

Zero to Four Family Support Service

This service provides volunteer support workers who visit families in their homes to help parents create a safe and positive family environment. Families living in northern and western Brisbane, including Pine Rivers, can access Zero to Four Family Support Service. A service provider can discuss the benefits of the service, and can make a referral to the Zero to Four Family Support Service with the family's consent.

