

Queensland Perinatal Mental Health Support Services

Below is a guide for health professionals outlining perinatal mental health support services currently available in Queensland and Nationally. For referrals to clinical services, please contact these services directly. Virtual tools for perinatal mental health screening can be accessed through the COPE website (<https://www.cope.org.au/>). Several national services offer support via telephone and/or online: where appropriate, consumers may be encouraged to access these services directly.

The first point of contact for most women during pregnancy and in the postpartum period for mental health screening and support will be their General Practitioner (GP), Midwife or Child Health Nurses. GPs, Midwives and Child Health Nurses screen women for perinatal mental health difficulties and support referral to public or private mental health services. A Mental Health Care Plan (MHCP) enables the provision of a Medicare rebate for services. Alternatively, some services may be claimed via private health insurance if applicable.

To access public mental health services in Queensland, new referrals triage and intake, **contact Mental Health Call: 1300 64 22 55**. If a person is experiencing a **mental health crisis: Call 000** and ask for emergency services (ambulance or police).

Queensland Public Health Specialist Perinatal Mental Health Services

Lavender Mother & Baby Unit

Perinatal Mental Health Inpatient Unit, Gold Coast University Hospital, Gold Coast Hospital and Health Service.

Referrals: (07) 5687 7064 | GCUH_Lavender@health.qld.gov.au

Gold Coast Hospital and Health Service - Community-based Perinatal Mental Health Service

Referrals: 1300 64 22 55 | GCUHPerinatalMH@health.qld.gov.au

Metro North Hospital and Health Service - Perinatal Wellbeing Team

Referrals during COVID-19 directly to Team Leader for triage.

Referrals: 0438 682 967 | elizabeth.bennett@health.qld.gov.au

Metro South Hospital and Health Service - Perinatal Wellbeing Service

Referrals: (07) 3089 2734 or 1300 64 22 55 | WellbeingPerinatal@health.qld.gov.au

Darling Downs Hospital and Health Service - Perinatal Mental Health Service

Referrals: (07) 4616 5826

Sunshine Coast Hospital and Health Service - Perinatal Mental Health Service

Referrals: 0466 794 892

Townsville Hospital and Health Service

Referrals: 1300 64 22 55

Cairns and Hinterland Hospital and Health Service

Referrals: (07) 4226 3396 or 1300 64 22 55

South West Hospital and Health Service

Referrals: (07) 4624 2977 or 1300 64 22 55

Mater Hospital Services

Referrals: (07) 3163 7990 | materinmindintake@mater.org.au

Specialist assistance for clinicians delivering care

e-PIMH Coordinated by the Queensland Centre for Perinatal and Infant Mental Health

e-PIMH (e-Perinatal and Infant Mental Health) Telepsychiatry is a state-wide program that supports health professionals working with:

- expectant parents
- people for whom a pregnancy has ended under any circumstances
- families with children aged 0 to 4 years.

Through e-PIMH Telepsychiatry, specialist psychiatrists in perinatal mental health and infant mental health work together with local health professionals to support the mental health and wellbeing of parents, children and families in rural and remote areas.

Referrals or queries call: (07) 3266 3100 or Mobile: 0438 280 893

Email enquiries: e-pimh@health.qld.gov.au

Queensland Transcultural Mental Health Service (QTMHC)

QTMHC have bi-cultural workers who can consult and provide cultural perspectives on the more complex clinical presentations services may see. QTMHC have several resources in different languages that explain the concept of different of mental illnesses and provide state-wide telehealth services. The Queensland Health Multicultural Mental Health Coordinators across the state are linked with QTMHC and can provide more localised support if appropriate. QTMHC can also provide information about other appropriate local multicultural services that may be able to provide support to individuals.

General queries: QTMHC@health.qld.gov.au

Ph Toll Free: 1800 188 189

Referrals: tccs@health.qld.gov.au

Web: <https://metrosouth.health.qld.gov.au/qtmhc>

Queensland Private Mental Health Services

Brisbane Centre for Postnatal Disorders (Belmont Private Hospital)

Provides specialist private inpatient and outpatient perinatal mental health assessment and treatment. GP referral.

Assessments and admissions: 1800 700 274

Website: <https://belmontprivate.com.au/specialties/perinatal-disorders/treatment-for-perinatal-disorders>

Note: Patients must have private health insurance that covers psychiatric inpatient treatment.

Australian Psychological Society

Offers a search function to find a local private Psychologist specialising in perinatal mental health support. GP referral needed to see a Psychologist under a Mental Health Care Plan.

Find a Psychologist weblink: www.psychology.org.au

Other Queensland Perinatal Mental Health Support Services

Pregnancy Counselling Link

Pregnancy Counselling Link (PCL) is a community agency staffed by tertiary qualified, professional counsellors, who support women in the areas of pregnancy, parenting, relationships, navigating life changes, fertility issues, and loss and grief. Support is also available for partners and other family members.

Helpline: 1800 777 690 **Web:** www.pcl.org.au

Peach Tree Perinatal Wellness

Provides peer support, private perinatal mental health services, and social inclusion services and activities for expecting and new parents in the Brisbane area.

Web: <https://peachtree.org.au/>

Women's Health Queensland Wide

Midwife Check-in offers free, confidential, untimed telephone calls with a midwife regularly during and after pregnancy. Women may discuss concerns including child health issues, expectations of parenthood, or transitioning back into the workplace. The service provides a 'listening ear' to support expectant and new mothers' emotional health and wellbeing.

Midwife Check-in Phone service: (07) 3216 0376 or 1800 017 676 **Web:** www.womhealth.org.au

Parentline Queensland

Professional counselling and support for expecting and all parents 8am-10pm 7 days a week.

Helpline: 1300 30 1300 **Web:** <https://parentline.com.au/>

Primary Care Pregnancy and Postnatal Support Services

Pregnancy Birth and Baby Helpline

Pregnancy, Birth and Baby midwives/maternal child health nurses provide free, non-judgemental emotional support and reassurance 7 days a week. They provide guidance on children's growth, behaviour and development, and can refer parents to local services.

Helpline: (24 hours) 1800 882 436 **Web:** <https://www.pregnancybirthbaby.org.au/pregnancy-birth-baby-helpline>

Midwifery Group Practice: supports continuity of maternity care for women from antenatal through birthing and into the early postnatal weeks. The midwife provides holistic care encompassing perinatal mental health and psychosocial screening as per the COPE guideline, psychological support and work collaboratively with the health care team including mental health and child health services. This care is offered within a hospital, community or home environment dependent on the needs of the woman and her family. Access to Midwifery care usually requires a G.P. referral.

Midwifery Navigators: provide more linked care for women experiencing high risk needs, for example, psychosocial and mental health issues. Referrals for midwifery navigator support are made internally via maternity care services in each HHS.

Further information: <https://www.health.qld.gov.au/ocnmo/midwifery/maternity-care-options-in-queensland>

Child and Baby Health Clinics – Queensland Health

<https://www.qld.gov.au/health/children/babies/clinics>

Phone: 1300 366 039 (Greater Brisbane Area)

Web: <https://www.childrens.health.qld.gov.au/service-child-health/>

Ellen Barron Family Centre

The Ellen Barron Family Centre (EBFC) provides is a multi-disciplinary, specialist child health service for families who require support with building practical skills and confidence in parenting. Offers residential stay programs for families in Queensland. GP, Child Health or other Allied Health referral required.

Phone: (07) 3139 6500

Web: <https://www.childrens.health.qld.gov.au/chq/our-services/community-health-services/ellen-barron-family-centre/>

Aboriginal and Torres Strait Islander Support Services

Mental Health Service Supports

<https://www.qld.gov.au/atsi/health-staying-active/mental-health-support-counselling>

Aboriginal Medical Services

Aboriginal Medical Services are located throughout Queensland. Social Health services are provided throughout Queensland through local Aboriginal Medical Services which offer case management, counselling and psychology support service. Referrals are through their AMS doctor.

Web: <https://www.qld.gov.au/atsi/health-staying-active/health-medical-services/find-medical-service>

Institute for Urban Indigenous Health (Southern Queensland)

Mums and Bubs services include antenatal care for pregnant women and their families, postnatal care in the clinic or home, and early childhood screening and development services. Also available are social health services including community-based mental health, alcohol and other drug services.

Web: www.iuih.org.au

Birthing in Our Community – (BioC)

BioC integrates the midwifery services and expertise of the Mater Hospital with the cultural knowledge and expertise of Institute for Urban Indigenous Health (IUIH) and Aboriginal and Torres Strait Islander Child Health Service (ATICHS) Brisbane, enabling a unique approach to service delivery. There is also a dedicated perinatal psychologist located within the Salisbury hub.

Web: https://www.iuih.org.au/Services/Child_and_Maternal_Health

Kummara (Southern Queensland)

Culturally safe family support services for Aboriginal and Torres Strait Islander women, children and families in Brisbane and the wider Brisbane region.

Web: <https://www.kummara.org.au/>

Family Wellbeing Services Aboriginal & Torres Strait Islander

This program combines the functions of the following existing family support programs into one community-run Family Wellbeing Service:

- Aboriginal and Torres Strait Islander Family Support Service
- Tertiary Family Support services
- Targeted Family Support services
- Secondary Family Support Services.

Web: <https://www.csyw.qld.gov.au/child-family/child-family-reform/meeting-needs-requirements-aboriginal-torres-strait-islander-children-families-communities/aboriginal-torres-strait-islander-family-wellbeing-services>

Queensland Drug and Alcohol Services

Queensland Government

Information about staying healthy, substance use, and quit smoking resources

Web: <https://www.qld.gov.au/health/staying-healthy/atods>

Queensland Network of Alcohol and Other Drug Services

Information and support for specific drug and alcohol issues and search function for assessment and treatment support for substance dependence through public health and community services.

Web: <https://qnada.org.au/>

Queensland Community Support Services

Queensland Council of Social Services (QCOSS) Community Door Portal

The Queensland Council of Social Services “Community Door” website has a section dedicated to COVID-19 information relevant to health and community services. The site includes links to Queensland-specific COVID-19 information in languages other than English, information on housing and homelessness services, domestic and family violence services and information on income support.

Web: <https://www.communitydoor.org.au/covid-19>

Queensland Domestic Violence and Family Support

Information and support for people affected by domestic and family violence.

Web: <https://www.qld.gov.au/community/getting-support-health-social-issue/support-victims-abuse/domestic-family-violence>

Regional services website: <https://www.qld.gov.au/community/getting-support-health-social-issue/support-victims-abuse/domestic-family-violence/find-local-support>

In an emergency call the police on Triple Zero (000).

Helpline: DVConnect Womensline: 1800 811 811 (24 hrs a day 7 days a week)

Helpline: DVConnect Mensline: 1800 600 636 (9am – Midnight 7 days a week)

Helpline: 1800RESPECT: 1800 737 732 (24 hrs a day 7 days a week)

Helpline: Sexual assault: 1800 010 120 (7.30am-11.30pm 7 days a week)

Queensland Health Support for People who Identify as LGBTIQ+

Web: <https://www.qld.gov.au/youth/family-social-support/support-lgbti-young-people>

National Services Online and Helpline

Perinatal Anxiety and Depression Australia

National helpline and state care coordination support for expecting and new parents.

Helpline: 1300 726 306 (Mon-Fri 9am-7.30pm)

Web: www.panda.org.au

PANDA Covid-19 Fact Sheet: <https://www.panda.org.au/info-support/supports-for-parents-anxious-about-coronavirus>

Gidget Foundation

Offering online and print information about perinatal mental health issues. Gidget Foundation Australia's Start Talking program provides free specialist perinatal telehealth psychological counselling services for expectant and new parents nationwide. Services are provided by psychologists and social workers and are delivered via a video call service, like FaceTime or Skype. Up to 10 Start Talking telehealth sessions can be accessed in a calendar year and are free during the COVID19 containment period. Consumers will be required to cover the cost of the phone call or data usage for online appts. Referral from a G.P. and a Mental Health Care Plan is required.

Phone: 1300 851 758

mailto: starttalking@gidgetfoundation.org.au

Web: <http://gidgetfoundation.org.au/get-support/gidget-house/>

Beyondblue:

National helpline and online resources for expecting and new parents.

Helpline: 1300 22 4636 (24hrs a day 7 days a week) or 1800 512 348 (coronavirus mental wellbeing support service)

Web: <https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>

Web: <https://healthyfamilies.beyondblue.org.au/pregnancy-and-new-parents>

Centre of Perinatal Excellence (COPE)

Information for expecting and new parents and health professionals.

Web: <https://www.cope.org.au/>

National Perinatal Mental Health Guideline: https://www.cope.org.au/wp-content/uploads/2018/05/COPE-Perinatal-MH-Guideline_Final-2018.pdf

MumSpace

Information, resources, apps, online courses and mental health treatment for expecting and new parents.

Web: <https://www.mumspace.com.au/>

Mensline Australia

Free counselling for all men's issues.

Helpline: 1300 789 978 (24 hours a day 7 days a week)

QLife

QLife is Australia's first nationally oriented counselling and referral service for LGBTI people. The project provides nation-wide, early intervention, peer supported telephone and web-based services to diverse people of all ages experiencing poor mental health, psychological distress, social isolation, discrimination, experiences of being misgendered and/or other social determinants that impact on their health and wellbeing.

Helpline: 1800 184 527 (3pm-midnight 7 days a week)

Web: <https://www qlife.org.au/>