

GP Management Plan for Perinatal Mental Health Patients

Perinatal Mental Health- St George Hospital



GP

- Be alert to **Perinatal Depression** in all perinatal attendances;
- Undertake **Diagnostic Assessment** including **Edinburgh Postnatal Depression Scale**;
- If the Edinburgh Postnatal Depression Scale and history indicate risk then;
- Develop a **Mental Health Treatment Plan** Item 2710

Child & Family Health



Mental Health Service



Better Access

- For women and their families experiencing perinatal mental health issues
- Refer for treatment by private Psychologists, Social Workers, OTs or trained GPs (List of Medicare registered providers available from the Division **9585 2044**)
- Treatment for up to 12 individual sessions (co-payments may apply but bulk billing is possible)

Access to Allied Psychological Services (ATAPS)

(provided for low income clients)

- For women and their families experiencing perinatal mental health issues
- Refer to Psychologists at the Division (fax referral and Mental Health Treatment Plan to **9585 2144**)
- Treatment for up to 12 individual sessions OR Postnatal Distress Group (free service)

Adult Mental Health

- For women who present with acute risk
- For women with a history or current symptoms of psychotic or bipolar disorders
- Women with a history of major depressive or anxiety disorders prior to becoming pregnant
- Women who feel that their mood or anxiety is related to issues other than becoming a parent
- MH Intake **9113 4444**

Access to Psychiatrists

- For women experiencing; severe or complex depression, continued inability to cope despite mobilisation of supports, significant suicide/infanticide risk, there is an accompanying biological condition requiring medical treatment
- List of Medicare registered Psychiatrists available from the Division **9585 2044**

GP Prescribing

- Best when biological symptoms present (poor appetite and sleep, anxiety)
- Drug advice- MotherSafe **9382 6539**
- PsychSupport **1800 200 588**

Chemical Use in Pregnancy Service (CUPS)

- For pregnant women or new mothers wanting information, education and/or support regarding their drug use.
- GP Advice & Referral information **9113 2944**