SGH Outpatient Referral Pathway for Women with Perinatal Mental Health Issues

ANTENATAL

Women present to antenatal clinic. Edinburgh screening completed. Midwife identifies women requiring review &/or support for symptom management or treatment.

PERINATAL INTAKE MEETING

Files of women identified antenatally are brought to this meeting to assign services to follow up. When the situation is not acute and is beyond the capacity of the hospital services to manage, referral back to the **GP is an option.**

POSTNATAL

Women identified at Child & Family Health, either through home visiting or psychosocial assessment, as having perinatal MH issues are offered options of referral to relevant services. Women with acute MH issues are referred to St George Mental Health Intake for follow-up.

Refer to a GP option

1. **Family GP**
2. **UpZone (UZ) Youth Health Centre** (up to 25yrs) GP available on Wed 3-5pm 18 Tracey St Hurstville (Nurse avail Tu, W, Th) ph **9570 9678** fax **9570-7174**
3. **If no GP** Contact the Division on **9585 2044** for list of Antenatal Shared Care trained GPs

Direct Referral

MH Intake 9113 4444

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 Perinatal Psychologist from the Child and Family Team (fax referral to **9585 2144**)
- Treatment for up to 12 individual sessions & access to **Postnatal Distress Group** (free service)

Child, Youth and Family Team (CYFT)

- For women with distress relating to parenting, adjustment to motherhood, attachment and bonding with the new baby.
- Intake **9113 4444** (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 (free service)

For GP liaison enquires contact Sandy Johnston 0407 210 197

St George Division of General Practice

PNDI July 2009