



Perinatal Mental Health

Brisbane North, October 2009



Service providers

Brisbane Centre for Post Natal Disorders (Belmont Private Hospital)

TYPE OF CARE

Acute psychiatry and rehabilitation service. Offers extensive inpatient and day programs that focus on perinatal mental health.

REFERRAL

GPs and psychiatrists can refer privately insured or self-funded patients to Belmont Private for admission.

CONTACT

Admission & Assessment Enquiries:
P 1800 700 274 (24 hours)
P 07 3398 0238 (General information)
www.belmontprivate.com.au
1220 Creek Road, Carina QLD 4152

Ellen Barron Family Centre

TYPE OF CARE

Provides a free 24 hour specialist residential service to Queensland families with children from birth to three years of age, who are experiencing parenting issues of a complex nature including postnatal depression.

REFERRAL

Referrals accepted from GPs, Paediatricians or health professionals. Address referrals to:

Intake Nurse, Ellen Barron Family Centre
c/o The Prince Charles Hospital, Rode Road
Chermside QLD 4032

Referral form available from www.gppartners.com.au/page/practice_support/templates or phone.

CONTACT

P 07 3139 6500
F 07 3139 6555
EBFC-Intake@health.qld.gov.au

Future Families

TYPE OF CARE

A collaborative infant mental health service which works in partnership with families who have severe and complex needs and who have infants or young children up to the age of 36 months.

Provides interventions to assist parents and their infants to develop a secure relationship and assist families to develop supports and connections within their communities.

REFERRAL

Referrals accepted from GPs, primary care and other health professionals and community sector workers.

Telephone the Child & Youth Mental Health Service (CYMHS) Intake Officer relevant to the catchment area where the family lives.

(See www.health.qld.gov.au/rch/professionals/cymhs_catchment.pdf for suburbs listing)

CONTACT

P 07 3266 3100
31-33 Robinson Road, Nundah QLD 4012
North West CYMHS
P 07 3335 8888
F 07 3335 8741
59 Corrigan Street, KEPERRA QLD 4054
Nundah CYMHS
P 07 3266 3377
F 07 3266 2011
31-33 Robinson Road, NUNDAH QLD 4012
Pine Rivers CYMHS
P 07 3817 6380
F 07 3817 6375
568 Gympie Road, STRATHPINE QLD 4500

GPpartners-Brisbane MIND

TYPE OF CARE

Subsidised private psychological treatment via GP referral. Patient pays \$15 per individual session (must be a health care/pensioner card holder.)

REFERRAL

Limited GP referrals. GPs new to referring to Brisbane MIND must contact Mental Health Project Officer to participate in a 30 minute referral education session.

CONTACT

P 07 3630 7339
See www.gppartners.com.au/content/Document/bmind_psychlist.pdf for listing of Psychologists.

Perinatal Mental Health Service (Northside Health Service District, The Prince Charles Hospital)

TYPE OF CARE

Operates from The Prince Charles Hospital. Provides treatment for women suffering mental health problems during pregnancy and for 12 months after delivery.

Predominantly community based, however also offers inpatient treatment for mothers suffering severe depressive illness and their babies.

REFERRAL

All referrals through the single point of entry to the Mental Health Service, the Acute Care Team.

CONTACT

P 1800 112 403

Perinatal Mental Health Service (Royal Brisbane & Women's Hospital Health Service District)

TYPE OF CARE

Operates from the Royal Brisbane and Women's Hospital through the Consultation Liaison Psychiatry service and provides treatment to women suffering mental health problems. (Pre-pregnancy, during pregnancy and for 12 months post partum).

Provides pre-pregnancy counselling, medication management advice, primary care and joint case management with GPs and community mental health teams.

REFERRAL

GPs can contact the Clinical Nurse Consultant to refer patients. The Clinical Nurse Consultant provides initial intake and triage to other practitioners.

CONTACT

P 07 3636 2505
F 07 3636 2511
jane_whitford@health.qld.gov.au

A Mother-Baby Hub

TYPE OF CARE

One-stop centre for mothers and families with a focus on postnatal support. Women's and children's health clinic – GPs, midwives, lactation consultants, psychologists, parenting programs.

REFERRAL

No referral criteria.

CONTACT

P 1300 686 282
info@motherbabyhub.com.au
www.motherbabyhub.com.au
429 Gympie Road, Strathpine QLD 4500

St Mary's Support and Accommodation Program – Spiritus

TYPE OF CARE

A service for single pregnant and parenting women 16 to 25 years with children under four, who are homeless or at risk of homelessness. Young women engage in case management support while accommodated St Mary's properties.

REFERRAL

Patient self referrals are preferred. (GPs can call on behalf of their patients if required).

CONTACT

P 07 3377 3111
stmays@spiritus.org.au

Young Parents Program (YPP)

TYPE OF CARE

Provides support to young pregnant women and young mums through: childbirth education, young Mum's groups and individual support.

REFERRAL

Pregnant women aged up to (and including) 19 years when first pregnant, up to the age of 23.

CONTACT

P 07 3357 9944
YPP House
119 Stafford Road, Kedron QLD 4032
ypp@iinet.net.au

Community Child Health Service Primary Care Program

TYPE OF CARE

Multidisciplinary team made up of Child Health Nurses, school based Youth Health Nurses and Early Intervention Parenting specialists (social workers and psychologists).

REFERRAL

Families who live within the Children's Health Services District. The suburbs serviced extend north of the Brisbane River to the Pine Rivers area.

CONTACT

P 1300 366 039

Counselling / support

Australian Breastfeeding Association

TYPE OF CARE

Provides breastfeeding information, support and counselling via a national breastfeeding helpline, email and local group meetings.

CONTACT

P 1800 686 2 686
www.breastfeeding.asn.au

COPMI

TYPE OF CARE

A resource centre for workers, parents and families which aims to promote better mental health outcomes for children (0-18years) of parents with a mental health problem or disorder.

CONTACT

P 08 8367 0888
copmi@aicafmha.net.au

PANDA (Post and Ante-Natal Depression Association)

TYPE OF CARE

PANDA is a self-help organisation that provides confidential information, support and referral to anyone affected by post and antenatal mood disorders, including partners and extended family members. Confidential phone support is available through a designated help line. A wide range of resources and information regarding perinatal depression are also available online.

CONTACT

P 1300 726 306

www.panda.org.au

Playgroup Queensland

TYPE OF CARE

A non-profit organisation providing information on playgroups in local areas. Playgroup is a low cost, safe and supportive environment for families with young children aged birth to school age. Playgroups benefit children and parents providing opportunities to socialise and develop social support networks.

CONTACT

P 1800 171 882

www.playgroupaustralia.com.au/qld

Postnatal Depression Parent Support Group

TYPE OF CARE

A local support group that meets the second Monday of each month. The group has a focus on first time mothers, but all mothers and fathers welcome. Child care and morning tea is provided. Held at Mt Gravatt.

CONTACT

P 0417 644 650

Group meets 10.30am – 12.30pm

Ripe Nutrition

TYPE OF CARE

Specialised private counselling and care for women who are undergoing infertility treatment, or dealing with pregnancy and postnatal issues. Focussed on providing emotional and nutritional support and education.

CONTACT

P 0439 754 143 (Dietitian)

P 0424 566 739 (Psychologist)

www.ripenutrition.com.au

SIDS and Kids

TYPE OF CARE

Provides bereavement support to any family or person in Queensland who has been affected by the sudden and unexpected death of a child, from 20 weeks gestation up to the age of 6, regardless of cause. A variety of brochures and booklets are available to the general public and health professionals. All resources are provided free of charge.

CONTACT

24 hour Child Death Support Line

P 1800 628 648 (freecall)

Resources: P 07 3849 7122

www.sidsandkids.org

Still Birth & Neonatal Death Support Service (SANDS)

TYPE OF CARE

Provides support, information, education and advocacy for parents and their families who experience the death of their baby to miscarriage, stillbirth, neonatal death and other reproductive losses. 24 hour telephone support, email support and local support meetings are available for the bereaved, as well as resources for health care workers.

CONTACT

P 07 3254 3422

admin@sandsqld.com

www.sandsqld.com

Transitions – Postnatal Growth, Therapy and Support Group for Mothers

TYPE OF CARE

Postnatal therapists (private) facilitate group discussion and sharing sessions to support and encourage new mothers. Groups run for 6 weeks, Thursday mornings for mothers and babies. Medicare rebates applicable with referral under Mental Health Plan.

CONTACT

P 0435 523 813

suzlister@postnatalsupport.com.au

www.postnatalsupport.com.au

Women's Health Queensland Wide Inc (Women's Health)

TYPE OF CARE

A Queensland not-for-profit health promotion, information and education service for women and health professionals. Free Antenatal and Postnatal Depression booklet available Queensland (limit of 25 copies applies). Health information line staffed by nurse/midwives; library service with selected texts on antenatal and postnatal depression.

CONTACT

P 1800 017 676

or P 07 3839 9988 (Brisbane Metro)

www.womhealth.org.au



General mental health services

Alina (Spiritus Community Care)

TYPE OF CARE

Time-limited, inclusive, strength based program (case management) for parents with an intellectual disability.

REFERRAL

Eligible:

- Families with a parent with an intellectual disability and pregnant or with a child under 12 months.
- Single women (18+) with an intellectual disability, homeless or at risk of homelessness.

Referrals accepted only when the person is aware of the referral and are entering Alina of their own choice.

CONTACT

P 07 3866 0600
alina@spiritus.org.au

Brisbane Youth Service Young Families Team

TYPE OF CARE

Provides support and a positive approach to parenting for young people aged 25 years and under. Supports young families experiencing homelessness, substance use, child protection and legal issues and mental health concerns.

REFERRAL

Anyone can refer to the Young Families Team programs:

- Parents YES (Young, Equal and Supported)
- Young Parents Group
- You Make the Difference

CONTACT

Brisbane Youth Service
P 07 3252 3750
admin@brisyouth.org
Parents YES Program
P 07 3254 2955 or 07 3254 4955
youngfamilies@brisyouth.org

Child and Youth Mental Health Services

TYPE OF CARE

A multidisciplinary team providing comprehensive assessment, case planning and therapeutic interventions to children and their families.

REFERRAL

Referrals are made via the CYMHS Access Team located at CYMHS community sites.

GPs, guidance officers and community and government agencies who have made an initial assessment can refer. Young people can also self refer.

If referrals do not meet CYMHS criteria assistance will be provided to re-direct the referral to more appropriate services.

CONTACT

North West CYMHS
P 07 3335 8888
F 07 3335 8741
Nundah CYMHS
P 07 3266 3377
F 07 3266 2011
Pine Rivers CYMHS
P 07 3817 6380
F 07 3817 6375

KOPING Project

TYPE OF CARE

Through the KOPING Project, Adult Mental Health Services, Child & Youth Mental Health Services, Community Child Health Services and others work together to support children and young people in families where a parent or caregiver is living with a mental health problem. Various programs and resources available.

REFERRAL

Contact Project staff for specific information regarding referrals.

CONTACT

P 07 3266 3100
31-33 Robinson Road, Nundah QLD 4012
koping@health.qld.gov.au

Inner North Brisbane Mental Health (RBWH)

TYPE OF CARE

The Inner North Brisbane Mental Health Service provides acute assessment and treatment services to people with mental disorders and serious mental health problems living in the inner northern suburbs of Brisbane.

REFERRAL

All new referrals are through the Acute Care Team. For catchment see www.health.qld.gov.au/rbwh/docs/mh_catchment.pdf

CONTACT

P 07 3834 1605 (24 hours)

Northside Mental Health Service (TPCH)

TYPE OF CARE

Specialises inpatient/community service providing health assessment, care coordination and clinical support.

REFERRAL

Referrals are taken through the Acute Care Team.

CONTACT

P 1800 112 403 or 07 3350 8111

Transcultural Clinical Consultation Service – Queensland Transcultural Mental Health Centre

TYPE OF CARE

The Transcultural Clinical Consultation Service (TCCS) is a specialist mental health service provided by the Queensland Transcultural Mental Health Centre (QTMHC) to meet the needs of people from diverse cultural and linguistic backgrounds.

REFERRAL

The TCCS is not an alternative to mainstream mental health services but a specialist consultation service that works in partnership with mainstream mental health agencies to ensure that services provided are comprehensive and culturally and linguistically appropriate. All services are provided free of charge.

CONTACT

P 07 3167 8333 or
1800 188 189 (freecall outside metro area)
tccs@health.qld.gov.au

Counselling / support

Centacare

TYPE OF CARE

Centacare (as part of the Mission of the Archdiocese of Brisbane) provides a range of services including counselling. The cost of these services is often based on family income.

CONTACT

P 07 3250 4305
www.centacarebrisbane.net.au

Gallang Place Counselling

TYPE OF CARE

Free counselling service for Aboriginal and Torres Strait Islanders and their families.

CONTACT

P 07 3844 2283
31 Thomas Street, West End Qld 4101

Lifeline Community Care

TYPE OF CARE

Part of Lifeline Brisbane. Accessible counselling and support for individuals, couples, children and families.

CONTACT

P 07 3624 2400
www.lccq.org.au

Relaxation Centre

TYPE OF CARE

Courses and information on a variety of topics in areas of health, communication, relationships, physical mobility, motivation, spirituality, self-esteem, stress management, relaxation and parenting.

CONTACT

P 07 3854 1986
relaxcentreofqld@powerup.com.au

Spiritus Kinnections

TYPE OF CARE

Providing a wide range of counselling services and courses to all parts of the community: individuals, couples, families, children and groups.

CONTACT

P 1300 114 397
kinnections@spiritus.org.au

Online and telephone

Beyondblue

TYPE OF SUPPORT

Hosts publicly available information on depression, anxiety and related substance misuses. Provides training and support for healthcare providers

CONTACT

P 1300 224 636
www.beyondblue.org.au

Black Dog Institute

TYPE OF SUPPORT

An educational, research, clinical and community oriented facility offering specialist expertise in mood disorders including depression. Offers sections for the public and for health professionals.

CONTACT

www.blackdoginstitute.org.au

DepNet	
<p>TYPE OF SUPPORT</p> <p>DepNet is an interactive website providing information and support for people with depression. Offers information and support through an online community as well as links to available community resources and helplines.</p>	<p>CONTACT</p> <p>www.depnet.com.au</p>
SANE Australia	
<p>TYPE OF SUPPORT</p> <p>The SANE Helpline provides information, referral and crisis contacts confidentially for people living with mental illness, their family and friends. Helpline Online is an enquiry service only to be used to gain specific information and referral to support agencies (it is not a counselling service). Online resources and fact sheets and bookshop are also available.</p>	<p>CONTACT</p> <p>P 1800 18 7263 Monday to Friday 9 am – 5 pm www.sane.org</p>
The Mood Gym	
<p>TYPE OF SUPPORT</p> <p>Online cognitive behaviour therapy for the treatment of depression.</p>	<p>CONTACT</p> <p>www.moodgym.anu.edu.au</p>
13 HEALTH	
<p>TYPE OF SUPPORT</p> <p>Queensland government advice line- open 24 hours a day 7 days a week. Qualified staff offer confidential and supportive advice in relation to health issues, including mental health concerns.</p>	<p>CONTACT</p> <p>P 13 HEALTH (13 43 25 84) (Calls from mobiles may be charged at a higher rate)</p>
Crisis Care	
<p>TYPE OF SUPPORT</p> <p>After hours professional help in the areas of child abuse and neglect, parenting problems, parent-child conflict, juvenile justice issues and other child and adolescent-related welfare issues.</p>	<p>CONTACT</p> <p>P 1800 177 135 Monday to Friday, 5pm – 9am Weekends- all day</p>
Domestic Violence Lines DVconnect	
<p>TYPE OF SUPPORT</p> <p>Phone counselling and referral for men, women and service professionals providing domestic and family violence support, counselling and refuge placement.</p>	<p>CONTACT</p> <p>Mensline 1800 600 636 Womensline 1800 811 811</p>
Lifeline	
<p>TYPE OF SUPPORT</p> <p>Provide a 24 hour crisis counselling line with trained volunteer counsellors.</p>	<p>CONTACT</p> <p>P 13 11 14 www.lccq.org.au</p>
Mensline	
<p>TYPE OF SUPPORT</p> <p>24hour/ 7 day telephone support, information and referral service for men with family and relationship concerns. Service is staffed by paid professional counsellors experienced in men's issues.</p>	<p>CONTACT</p> <p>P 1300 789 978 www.menslineaus.org.au</p>
Parentline	
<p>TYPE OF SUPPORT</p> <p>A confidential telephone counselling service providing professional counselling and support for parents and care-givers in Queensland and the Northern Territory. 8 am to 10 pm, seven days a week for the cost of a local call.</p>	<p>CONTACT</p> <p>P 1300 30 1300</p>
Salvo Care Line	
<p>TYPE OF SUPPORT</p> <p>Counsellors are available 24 hours/day, 365 days/year, offering a listening ear, advice and referral information.</p>	<p>CONTACT</p> <p>P 1300 36 36 22</p>

related services

Other

AICAFMHA

TYPE OF SUPPORT

Australian Infant, Child, Adolescent and Family Mental Health Association represents a wide range of professionals, carers and consumers in order to promote positive mental health and prevent mental disorders.

CONTACT

P 08 8132 0786
www.aicafmha.net.au

Australian Psychological Society

TYPE OF SUPPORT

Provide an online search, a telephone service and an email referral to those seeking the advice and assistance of a qualified and suitable APS psychologist in private practice. Referrals are drawn from a database of more than 2,300 APS registered.

CONTACT

P 1800 333 497
contactus@psychology.org.au

Indigenous Health Program

TYPE OF CARE

Generalist health service that addresses particular needs of the local indigenous community including child and adult mental health. Referrals can be made by GPs, other health professionals or agencies, family and friends. Patients can self refer.

CONTACT

P 07 3139 5789
Chernside Community Health Centre
Hamilton Road, Chernside QLD 4032

Triple P- Positive Parenting Program

TYPE OF SUPPORT

Provides practical resources for parents, and training and resources for practitioners and organisations in a variety of service settings.

CONTACT

P 07 3236 1212
contact@triplep.net

Emergency accommodation

Glenhaven Accommodation Program

TYPE OF SUPPORT

Run by the Salvation Army. Offers accommodation and support for homeless mothers or women pregnant in the final trimester.

REFERRAL

Referral criteria: homeless women with no more than 3 children and no child over 11 years. (Twelve week maximum stay.)

CONTACT

P 07 3350 3455

St Mary's Support and Accommodation Program - Spiritus

TYPE OF SUPPORT

A service offering support, accommodation and case management for homeless single pregnant and parenting women 16 to 25 years.

REFERRAL

Self referrals are preferred though GPs may call on behalf of patients if required. Referral criteria: Single pregnant and parenting women, 16- 25 years who are homeless or at risk of homelessness with children under 4.

CONTACT

P 07 3377 3111
stmarys@spiritus.org.au