

Other helpful supports

- Lifeline **13 11 14** – 24 hours
- Beyond Blue 1300 22 46 36 <https://healthfamilies.beyondblue.org.au>
- PANDA www.panda.org.au or 1300 72 63 06 – mobile app
- Peach Tree Perinatal Wellness 1800 732 249 www.peachtree.org.au
- Mum Space www.mumspace.com.au
- Mums mood booster <https://mummoodbooster.com/public/au>
- iCOPE www.cope.org.au
- SMS 4 Dads www.sms4dads.com.au or text 0437 281 215
- DV Connect www.dvconnect.org.au or 1800 81 18 11



When and how should I urgently seek medical

If you have acute concerns about your own or another person's mental health and need urgent support - please contact the mental health access team available 24 hours.

MH CALL 1300 64 22 55
If life is in danger call 000

Perinatal Wellbeing Team

Nundah Community Centre
10 Nellie Street, Nundah Q 4012
Intake : Monday to Friday 8.30am – 4pm

P: 07 3146 2525

F: 07 3146 2314

E: perinatal-mental-health@health.qld.gov.au

W: <https://metronorth.health.qld.gov.au/hospitals-services/mental-health-services/perinatal-mental-health>

Antenatal and Postnatal appointments are available at Nundah Community Health Centre or at other community locations by arrangement. Telehealth is also available.

About the Perinatal Wellbeing Team

Who are we?

We are a nurse led service that supports emotional health and wellbeing of individuals and their families during the perinatal period, from conception to a year after the birth of a baby.

- Non urgent appointments
- Monday to Friday service 8.30am - 4pm

What is perinatal wellbeing?

The perinatal period is a time of great change within individual and family life. Adjusting to pregnancy and parenthood can bring experiences of both joy and stress. It is not uncommon to feel scared and overwhelmed at some point. Focussing on all aspects of physical, social, emotional, and mental health is essential for maintaining overall wellbeing.

Getting support early is key for you, your infant and your family.

What do we offer?

- Pre-conception medication advice clinic – treatment options
- Specialist perinatal mental health assessment, liaison and education – during the antenatal and postnatal period including telehealth appointments
- Referral to Psychiatry or Nurse Practitioner clinic to review medication in the perinatal period
- Telephone consultation to support GP around medication use in pregnancy and breastfeeding
- Works with you, your family, GP and other services to ensure you have support

Who can use our service?

- Consumers 18 years or older
- Antenatal consumers birthing at a hospital in Metro North
- Postnatal consumers living in Metro North (with an infant in their care)
- Partners of perinatal consumers as above

Have you considered if?

- Your baby is sleeping but you can't?
- You avoid going out or have withdrawn from friends/family?
- You worry constantly about harm coming to your baby through everyday activities?
- You or others notice that you are more irritable and/or frustrated/angry?
- You think about your birth and get sad/distressed?
- You have stopped looking forward to things or enjoying activities that you used to?
- That you can't put your baby down, or let others help you, or that you need to check the baby more than what is needed?
- You stopped medication before or in early pregnancy and have noticed your mood or anxiety symptoms have got worse?
- You wake up with dread or anxiety?
- You are unable to relax despite being exhausted?
- You are overwhelmed by your usual day to day activities or routine?
- Your pregnancy/body changes have triggered you?

Referral process

- Self-Referral
- GP or other health care professional involved in your pregnancy or postpartum care