

Perinatal Depression Services at St John of God Burwood: the Mother-Baby Unit and Perinatal Psychiatric Clinic

The perinatal period is a challenging time for mothers and families. Up to 15% of women are affected by depression and anxiety at this time. Research suggests that partners of women with perinatal depression may also be at greater risk of depression. The St John of God Hospital Burwood Mother and Baby is a 12 bed unit for mothers, partners and babies up to 12 months of age. Outpatient Postnatal Depression and Circle of Security group programs are also available via the Counselling and Therapy Centre.

A free Medicare funded Perinatal Psychiatric registrar clinic is available in the St John of God Medical Centre for women in the perinatal period that cannot afford a consult with a private Psychiatrist. The woman must have a valid Medicare card to access the clinic. *The clinic is designed for low income families and requires that the GP means test the patient prior to referral.* The GP can establish whether the woman is appropriate by asking the relevant questions on our GP Perinatal Clinic Referral form. The woman may receive several individual sessions dependent on the assessment of the woman. She is then referred back to the GP for ongoing management. Please note this clinic is not an acute service, women who are unable to guarantee their safety should be referred to the nearest public hospital.

To make a referral please:

- complete the attached **GP referral form**,
- ask your patient to fill in the two attached questionnaires : Edinburgh Perinatal Depression Scale (EPDS) and Perinatal Risk Questionnaire
- score patient questionnaires using [EPDS scoring guide](#) and antenatal risk scoring guide
- ensure you check for safety if she endorses the Question 10 (self-harm) on the Edinburgh Depression Scale
- **fax the form to our clinic on (02) 9334 3850** where it will be **assessed for suitability**
- If the woman is deemed appropriate the medical centre will contact her and offer an appointment
- If the woman does not meet the criteria, the Psychiatry registrar will contact you and advise of reason the clinic is inappropriate for the patient and suggest alternatives
- Once the woman has been seen at our clinic you will receive a clinic letter at the address provided; if she does not attend -there will be no letter sent.

For further information or enquiries, please call St John of God medical centre on 02 9334 3888.