

Perinatal Depression Referral Options

Mild Increased Risk

Service Provider	Mental Health Services – Helpline PH: 1800 332 388
Description	Telephone advice, information, referral and triage provided by mental health clinicians (RNs and social workers) for all referrals to Mental Health Services provided by DHHS. 24 hour service with message capacity when phone is busy. Messages will be responded to ASAP. Referrals can be faxed (<i>see GP Referral/feedback</i>).
Perinatal Period	Antenatal Postnatal
Cost	Toll free from landline
Waiting Period	24 hour service & message bank when phone is busy. Messages will be responded to ASAP.
GP Referral/feedback	<u>Referral in:</u> Fax (PH:62 36 5788), patient self referral, GP can ring or email (MHS.helpline@dhhs.tas.gov.au) <u>Feedback:</u> GP feedback via fax form.
Service Relationships	<u>Referral in:</u> Self referral, GP. <u>Referral out:</u> Helpline staff will assess the referral in relation to the criteria set by Mental Health Services, advise about information and/or documentation required, and arrange for the referral to be sent to the appropriate service with the appropriate triage rating.
Service Provider	PANDA (based in Victoria) PH: 1300 726 306 (covers Tasmania) W: www.panda.org.au E: info@panda.org.au
Description	Telephone counselling support & referral to local services (helpline 9.00am-7.00pm M-F, with answering machine A/H) – transitional case management (if required) for referral to appropriate services. PANDA website provides consumer fact sheets
Perinatal Period	Antenatal Postnatal
Cost	Toll free
Waiting Period	Clients can leave a phone message after business hours and the call will be returned ASAP the next day
GP Referral/feedback	<u>Referral:</u> GP can offer self referral or call PANDA <u>Feedback:</u> No formal GP feedback
Service Relationships	<u>Referral in:</u> self referral from website, GP, <i>beyondblue</i> , CHAPS <u>Referral out:</u> appropriate local service providers
Service Provider	Good Beginnings (Tasmania – south) PH: 6223 5810 W: www.goodbeginnings.org.au
Description	Outreach family support (children 8 < years) with qualified worker and/or volunteer
Perinatal Period	Postnatal
Cost	No Cost
Waiting Period	Assessment within two weeks of referral with waiting time of approx. 2-6 weeks. Weekly monitoring and bridging (<i>see Service Relationships</i>) referral during waiting period

GP Referral/feedback (<i>Good Beginnings continued</i>)	<i>Feedback:</i> by phone, email, or GP participation in case conference (with patient signed consent). <i>Referral:</i> Phone referral. Good Beginnings will refer back to GP if decline in patient mental health or at risk/suspicion of depression
Service relationships	<i>Bridging Referral:</i> Early Support for Parents program or Gateway Services during waiting period. <i>Referral in:</i> Self referral, Mother & Baby Unit after discharge, GP and CHAPS <i>Referral out:</i> GP and appropriate community services
Service Provider	Child Health and Parenting Service (CHAPS) W: www.dhhs.tas.gov.au/children/child_health South East – PH: 62307878 (Municipalities: Clarence, Brighton, Derwent Valley, Lower Midlands, Central Highlands, Sorell, Tasman Peninsula, Glenmorgan) South West – PH: 62307899 (Municipalities: Glenorchy, Hobart, Kingborough, Huonville) <i>Provides early health and developmental assessments, and parenting information</i>
Description	CHAPS - Early Childhood Service – see phone numbers for CHAPS South East and South West (above)
Perinatal Period	Postnatal
Cost	No Cost
Waiting Period	Individual appointments
GP Referral/feedback	Feedback: only on GP request (with patient's permission)
Service Relationships	<i>Referral in:</i> self referral to universal service <i>Referral out:</i> GP
Description	CHAPS - Parenting Line – 24 hour telephone line - PH: 1300 808 178
Perinatal period	Antenatal Postnatal
Cost	Mobile phone charges apply
Waiting Period	NA
GP Referral/feedback	<i>Referral:</i> Self referral <i>Feedback:</i> No
Service Relationships	<i>Referral in:</i> Self referral <i>Referral out:</i> GP
Service Provider	CHAPS - Parenting Centre (Tasmania – south) PH: 6233 2700
Description	-6 (or based on client's need) short term individual (face to face) counselling sessions with RN (also outreach if client is unable to travel or lives remotely). -10 week Postnatal Depression therapeutic group
Perinatal Period	<i>Antenatal:</i> Face to face counselling <i>Postnatal:</i> Face to face counselling, Postnatal Depression Therapeutic Group
Cost	Phone: Local call cost Individual Consultation - free Postnatal Depression Group \$75 (+negotiable for clients unable to pay)
Waiting Period	Individual counselling (face to face) – 1-2 weeks PND Group – offered 4 times a year. Individual counselling is available for clients between group session start dates.
GP Referral/feedback (<i>CHAPS continued</i>)	<i>Referral:</i> GPs can refer– ring plus send clinical details by fax or email. <i>Feedback:</i> No formal procedure for feedback to GP, however GPs can request feedback– Centre's feedback form.
Service Relationships	<i>Bridging referral:</i> The Centre provides individual counselling for clients waiting for admission to St Helen's Mother and Baby Unit. The Centre communicates with the Unit during this period after GP referral to the Unit <i>Referral in:</i> The Centre prefers the client to self refer (after CHAPS or GP assessment), or the GP can refer if the patient is unable to self refer. <i>Referral out:</i> GP

Service Provider	The Hobart Clinic – PH: 6247 9960
Description	Outpatient Clinic Day program (see details in <i>Moderate/Severe Increased Risk</i>)
Service Provider	Mental Health Allied Health Professionals (referral through <i>Better Access to Mental Health Care Initiative</i>)
Description	6 psychological sessions provided by eligible clinicians for patients referred by GP with the option of another 4 sessions after GP Review – provider list available on Tasmania Medicare Local South website at www.gpsouth.com.au – go to Mental Health AHPs in the fast find index and search for ‘perinatal’ and ‘postnatal’.
Perinatal Period	Antenatal and Postnatal
Cost	Varies – some bulk billing available
Waiting Period	Varies – dependant on provider
GP Referral/feedback	<u>Referral</u> : GP Mental Health Treatment Plan <u>Feedback</u> : Allied health provider provides a written report to referring clinician
Service Relationships	<u>Referral in</u> : GP, paediatrician, psychiatrist <u>Referral out</u> : GP
Service Provider	Integrated Care Service (ICS) - Relationships Australia (RA) PH: 6211 4050 W: www.gpsouth.com.au/mental.html#ics
Description	6 psychological sessions with the option of a further 6 sessions after GP review. Service provided at a number of locations in southern Tasmania, see Tasmania Medicare Local South website for details, address above.
Perinatal Period	Antenatal and Postnatal
Cost	No cost for patients
Waiting Period	Varies – check the Tasmania Medicare Local South website for current information, address above.
GP Referral/feedback	<u>Referral in</u> : GP faxes the ICS Referral Forms that are available on the Tasmania Medicare Local South website, address above, to RA on 6211 4073. RA contacts patient to make first appointment, RA informs GP of patient’s RA clinician. <u>Referral out</u> : GP Feedback: RA report to GP after 6 th session. RA Clinician will liaise with GP on a needs basis.
Service Relationships	<u>Referral in</u> : GP only <u>Referral out</u> : GP only

Moderate/Severe Increased Risk

Service Provider	Mental Health Services – Helpline PH: 1800 332 388
Description	See description and details in <i>Mild increased risk</i>
Service Provider	PANDA (based in Victoria) PH: 1300 726 306 (covers Tasmania) W: www.panda.org.au E: info@panda.org.au
Description	See description and details in <i>Mild increased risk</i> table
Service Provider	CHAPS: Parenting Centre (Tasmania – south) PH: 6233 2700 Parenting Line – 24 Hour telephone line – PH: 1300 808 178 See service descriptions in <i>Mild Increased Risk</i>
Description	See description and details in <i>Mild increased risk</i> table

Service Provider	The Hobart Clinic – PH: 6247 9960 W: www.thehobartclinic.com.au E: info@thehobartclinic.com.au
Description	Inpatient: a minimum of twice weekly consultations with a (<i>The Hobart Clinic</i>) psychiatrist, and the option of therapeutic group therapy within the Day program (<i>see Day program details below</i>)
Perinatal Period	Antenatal
Cost	Health Insurance, work cover third party insurance, Commonwealth Government Department of Veterans Affairs (DVA)
Waiting Period	Varies - Clinical Team Leader assesses patient suitability and priority for admission
GP Referral/feedback	<u>Referral:</u> GP refers (phone/fax) and forwards patient history <u>Feedback:</u> GP receives feedback on admission (fax/post), and discharge summary (with patient permission)
Service Relationships	<u>Referral in:</u> GP, Consultant Psychiatrist <u>Referral out:</u> GP, The Hobart Clinic - Out Patient Clinic/Day Program (<i>see details below</i>), community organizations/resources
Description	Outpatient Clinic: Individual consultations with a (<i>The Hobart Clinic</i>) psychiatrist (Monday-Friday)
Perinatal Period	Antenatal Postnatal
Cost	Medicare rebate with gap payment (self or health insurance)
Waiting Period	Discharged (<i>The Hobart Clinic</i>) Inpatient: varies GP referred: varies
GP Referral/feedback	See <i>Inpatient – GP Referral/feedback</i>
Service Relationships	<u>Referral in:</u> GP <u>Referral out:</u> GP, <i>The Hobart Clinic</i> Day Program, community organizations/resources
Description (<i>The Hobart Clinic continued</i>)	Day Program: Therapeutic Group Therapy – open continuous groups (generic), and some closed groups for specific conditions (anxiety, depression, alcohol and other drugs) available for (<i>The Hobart Clinic</i>) Inpatients, Outpatient Clinic patients, and GP referred patients
Perinatal Period	Antenatal Postnatal
Cost	Health insurance, work cover third party insurance, DVA
Waiting Period	Open continuous groups: no waiting period. Closed: scheduled
GP Referral/feedback	See <i>Inpatient – GP Referral/feedback</i>
Service Relationships	<u>Referral in:</u> GP, consultant psychiatrist <u>Referral out:</u> GP, community organisations/resources
Service Provider	St Helen's Mother and Baby Unit – PH:62216411
Description	Telephone advice for admission process
Perinatal Period	Antenatal Postnatal
Cost	Local call cost
Waiting Period	Messages left will be returned ASAP, but dependant on intake co-ordinator availability
GP Referral/feedback	<u>Feedback:</u> no
Service Relationships	<u>Referral to phone line:</u> Self referral, Parenting Centre, CHAPS, GP, Paediatrician, Psychiatrist, family, lactation consultant <u>Referral out:</u> Parenting Centre, RHH-DEM, CHAPS, lactation consultant (public/private)

Description	Inpatient – depression PUBLIC
Perinatal Period	<i>Postnatal</i> – only (3 Week admission period) <i>Antenatal</i> – no
Cost	No cost
Waiting Period	Assessment - up to 1 week Admission: varies
GP Referral/feedback	<u>Referral</u> : GP calls <i>Mental Health Service Helpline</i> (see details in <i>Mild Increased Risk</i>) for patient triage, assessed by public psychiatrist, history reviewed and admission approved by Prof. Mark Oakley-Brown <u>Feedback</u> : posted Discharge summary (with patient permission)
Service Relationships	<u>Referral in</u> : GP <u>Referral out</u> : Good Beginnings, Early Support program, Parenting Centre, CHAPS, Anglicare, Lady Gowrie, public psychiatrist (with multi-disciplinary team)
Description (<i>St Helen's Hospital continued</i>)	Inpatient – depression INSURED ONLY
Perinatal Period	Antenatal (if no availability: refer back to GP, Psychiatrist, Obstetrician) Postnatal (if no availability: GP, Psychiatrist)
Cost	Health insurance
Waiting Period	Varies Unit will call patient on waiting list to assess situation and monitor
GP Referral/feedback	<u>Referral</u> : GP rings Psychiatrist with admitting rights, and forwards patient history. <u>Feedback</u> : Unit phone call to GP on admission and during (if required), posted discharge summary (with patient permission)
Service Relationships	<u>Referral in</u> : GP (Psychiatrists with admitting rights: - Drs Lennie Woo, Marzena Rybak, Veronica Lewinski) <u>Referral out</u> : Good Beginnings, Early Support Program, Parenting Centre, Anglicare, Lady Gowrie Centre, CHAPS
Description	Inpatient – maternal exhaustion etc and unsettled baby (<i>babies under 12 months of age only</i>) INSURED ONLY
Perinatal Period	Postnatal
Cost	Health Insurance
Waiting Period	Varies
GP Referral/feedback	<u>Referral</u> : two referral pathways: 1. Patient checks insurance status with Unit, GP refers (fax) to GP with admission rights (AR), patient sees (AR) GP, (AR)GP writes letter to unit, and patient or Practice Nurse rings Unit. <u>Feedback</u> : <u>Admission</u> : (AR) GP rings referring GP if required <u>Discharge</u> : Unit posts Discharge summary to GP 2. Patient checks insurance status with Unit, Paediatrician with admission rights refers to Unit <u>Feedback</u> : <u>Admission</u> : No GP feedback <u>Discharge</u> : Unit posts Discharge summary to GP (with patient permission)

Service Relationships	<i>Referral in: GP, Paediatrician</i> <i>Referral out:</i> Good Beginnings, Early Support program, Parenting Centre, CHAPS, Anglicare, Lady Gowrie (Paediatricians with admitting rights: - Drs Tulloch, McCann, Fitzgerald, Whitelaw, Donegan, Stewart, Pascoe)
Description (<i>St Helen's Hospital continued</i>)	Inpatient – baby problems only INSURED ONLY
Perinatal Period	Postnatal
Cost	Health Insurance
Waiting Period	varies
GP Referral/feedback	GP (AR) referral or Paediatrician – see <i>Inpatient-maternal exhaustion and unsettled baby</i>
Service Relationships	<i>Referral in: See GP Referral</i> <i>Referral out: See 'Inpatient-maternal exhaustion and unsettled baby' – but not psychiatrist referral pathway</i>
Description	Outpatient day program - Postnatal Depression/anxiety therapeutic group – 6 week duration (1 day a week) with or without baby. Transition intervention for discharged patients INSURED ONLY
Perinatal Period	postnatal
Cost	Health Insurance
Waiting Period	Offered 3 times a year (approx.)
GP Referral/feedback	<i>Referral:</i> GP refers to (AR) psychiatrist for patient assessment <i>Feedback:</i> No
Service Relationships	<i>Referral in:</i> GP or patient's psychiatrist <i>Referral out:</i> <i>If required to service providers (see page 6)</i>

Contact details for local Psychiatrists are available through the *Mental Health Resource Folder* at: <http://www.gpsouth.com.au/mhrf.html#7>, section 2.

Tasmania Medicare Local South resources: The *Antenatal Shared Care Information Kit* and *Mental Health Resource Folder* contain information on other service providers. The resources can be downloaded at the Tasmania Medicare Local South website (www.gpsouth.com.au) and are also available in hard copy. The *Perinatal Depression Referral Options* resource is available in pdf with web hotlinks on this website and will be updated when required.

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