



**Healthy mind. Healthy
mum. Healthy baby.**

Helpful websites

- www.panda.org.au
- www.beyondblue.org.au
- www.blackdoginstitute.org.au
- www.womhealth.org.au
- <http://cope.org.au>
- peachtree.org.au



Partnering with Consumers - This patient information brochure supports National Safety and Quality Health Service Standard 2 (2.4.1). Consumers and/or carers provided feedback on this patient information.

Contact us Perinatal Wellbeing Service



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WellbeingPerinatal@health.qld.gov.au

Website metrosouth.health.qld.gov.au/logan-beaudesert-wellbeing-service/perinatal

Perinatal Wellbeing Service

Logan Beaudesert
Phone: 3089 2734

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We care about you

Perinatal Wellbeing

Perinatal wellbeing is the emotional and mental health of women and their infants during pregnancy and early infancy. Many women will find it hard adjusting to pregnancy or a new baby. It is common to feel overwhelmed, which may affect how they look after themselves and baby.

Many women develop depression and/or anxiety during pregnancy or after having a baby. If untreated, these conditions can affect the health of women, their babies and their families. Partners can also experience difficulties with their wellbeing during this time.

Getting help early is important for you, your baby and family.

Who the service is for

The service is for women aged 18 years and older who are pregnant or have a baby aged up to one year and their families, living in Logan, Beaudesert or Redlands suburbs who are having trouble coping.

Services

The Perinatal Service offers free and friendly services provided by a Nurse Practitioner and Clinical Nurse Consultants who work closely with you, your family, your General Practitioner (GP), maternity services, child health services and other health staff.

The service:

- offers specialist perinatal assessment and intervention (up to six appointments)
- provides information about perinatal emotional health, wellbeing and illnesses (such as depression and anxiety)
- provides advice on the treatment of mental illness
- offers education around coping and managing stressful situations
- provides counselling, treatment and support (including prescribing medicine)
- works with you, your family, GP and other services to provide you with support
- links you to community services, non-government services and other specialists.

Referral process

There are several ways to access the service:

- You can make a self-referral by contacting the service directly
- GPs, midwives, community health and other health providers can make referrals on your behalf. If you do not have a GP, the service can help you find one.

Service locations

Services can be provided in the community, at your GP practice or, in some cases, at your own home.