

## Perinatal emotional & mental wellbeing interventions



These are support options commonly offered to callers on the PANDA National Perinatal Anxiety & Depression Helpline. This list is not exhaustive, but may help increase the choices you offer clients. Call PANDA to find services in your area.

*Even after receiving referrals, many people still don't get the help they need. Our tip sheet 'Making effective referrals' provides tools to support your clients to take that next step.*

### Universal services

#### Child and Family Health/Maternal and Child Health Nurse

Universal support, including routine EPDS screening for perinatal anxiety and depression. Can refer into programs providing additional in-home support.

#### General Practitioner

Assessment, treatment and referral including: assessment of physical health issues; mental health assessment, mental health care plan; referral to psychologist, psychiatrist or Mother Baby Unit; referral to physiotherapist or gynaecologist for post-birth physical recovery.

#### Midwife or obstetrician

Universal support and screening, early intervention during pregnancy/post-birth.

### Mental health services

#### Mother Baby Unit

Hospital-based inpatient psychiatric admission with baby – addresses mental health and attachment.

#### Perinatal psychiatrist

Diagnosis, medication and therapy.

### PANDA National Perinatal Anxiety & Depression Helpline

Phone 1300 726 306, Monday to Friday  
9am to 7.30pm AEST/AEDT

Information, support, counselling and referral for expecting and new parents, and partners/carers. Secondary consultation for health professionals. Refer via PANDA web form or clients can self-refer.

#### Perinatal psychologist/counsellor

Counselling through a perinatal lens including: life transition; impact of emotional/mental wellbeing on caregiving capacity; grief and loss; attachment.

#### Trauma specialist

Counselling or therapy from trauma-informed care perspective, for parents with history of complex trauma, or who have experienced birth trauma.

#### Relationship counsellor

Can assist parents to work on the many challenges that relationships can face in the perinatal period.

### Breaking down isolation, self care

#### Support groups/playgroups

Groups provide a continuum of support, from support groups and supported playgroups (for parents who have experienced difficulties and/or perinatal anxiety and depression) to community playgroups. There are playgroups for diverse cultural communities, parents of children with disabilities and LGBTIQ-parented families.

#### Family and friends

Family and friends can give both emotional and practical support, for example by caring for baby to support rest and time out from parenting.

#### Self care/self help

Self care is different for everyone. It might include: time out; relaxing activities such as baths, music, reading, movies or TV, hobbies or exploring creativity; gardening or cooking; exercise; mindfulness, yoga or relaxation; improved sleep; improved diet; social time or connecting with others in person or online.

## Early parenting support, child care and home help

### Childcare, nannies, home visiting

Child care centres, long day care, occasional care, family day care, private nanny, additional government subsidies for in-home care, home visiting programs, community visitors schemes.

### Early Parenting Services

Residential, day-stay, outpatient and in-home support for parents to assist with issues including: sleep and settling; feeding; parenting; and mild perinatal anxiety and depression.

### Lactation consultants

Education and support with breastfeeding; available through Councils, breastfeeding clinics at maternity hospitals and private consultants.

### Activities to support parent and infant

Library time, music programs, playgroups.

## Online support and apps

### PANDA websites [panda.org.au](http://panda.org.au) and [howisdadgoing.org.au](http://howisdadgoing.org.au)

Information and personal stories to educate, reduce stigma and support help-seeking; Mental Health Checklists to help new/expecting parents and partners understand what they are feeling and get help, including a tool to help them talk with their GP; client fact sheets including in community languages; health professional resources and training; online referral to the PANDA Helpline.

**Other websites** | COPE website at [cope.org.au](http://cope.org.au) | What Were We Thinking website at [whatwerewethinking.org.au](http://whatwerewethinking.org.au) | Mum Space website at [mumspace.com.au](http://mumspace.com.au) | Baby Steps website at [babysteps.org.au](http://babysteps.org.au).

### Online programs |

MumMoodBooster is an evidence-based treatment for mums with mild to moderate perinatal

## Crisis response options

### Triple zero (000): Ambulance

**When to call:** suicide plan and intent with inability to keep safe; suicide in progress; self-harm with injury requiring medical attention; acute mental health crisis and in charge of infant, with no available support.

**Acute Mental Health Services/Psychiatric Triage teams:** crisis assessment and treatment, brief intervention, accessible by state or locality based Mental Health Triage/crisis lines

**When to call:** acute mental health crisis; suicide thoughts with plan; self-harm and inability to keep safe.

depression | Baby Steps is an online program to support transition to parenthood.

**Apps** | Mind the Bump is a mindfulness app for use during pregnancy and early parenthood | MindMum and WWWT are apps to support wellbeing (for information see [mumspace.com.au/when-you-need-extra-help](http://mumspace.com.au/when-you-need-extra-help)) and WWWT (What Were We Thinking — for information see [whatwerewethinking.org.au](http://whatwerewethinking.org.au)).

## Other phone support/crisis services

Below are some national services; other services including early parenting and crisis support services may be available in your state.

**Lifeline** | Phone 13 11 14 | counselling for those affected by suicide, available 24/7

**Suicide Callback Service** | Phone 1300 659 467 | counselling for those affected by suicide, 24/7

**Pregnancy, Birth and Baby** | Phone 1800 882 436 | Information, emotional support, 7am to midnight

**1800Respect** | Phone 1800 737 732 | Family violence/sexual assault counselling, referral, 24/7

**QLife** | Phone 1800 184 527 or [qlife.org.au](http://qlife.org.au) | Phone and webchat counselling and referral for LGBTIQ people and their family/friends, 3pm to midnight.



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