

Perinatal Mental Health Service North/North West – Tasmania Consumer Information Sheet



Who are we?

We are a team of perinatal specialists who provide mental health assessments and support for women who are pregnant or have an infant under 12 months of age and are experiencing severe mental health issues.

This service is free and confidential.

How will I know if the service is right for me?

- You live in the North and North West of Tasmania
- You are experiencing mental health struggles that are impacting your pregnancy and/or parenting.
- You are planning a pregnancy or are pregnant and would like advice about using mental health medications.

How to access this service

The Access Mental Health – Helpline is staffed by Mental Health Professionals who will help to identify your needs to explore the most appropriate support service for you.

You can access our service in two ways:

- By phoning [Access Mental Health - Helpline](#) on **1800 332 388** and referring yourself
- Or your GP, midwife or other health care professionals can refer on your behalf.

This helpline service is available **24 hours a day, 7 days a week.**

Where can you find us?

We are located within the Adult Community Mental Health Services buildings:

- **Launceston** **6777 4985**
- **Devonport** **6478 4370**
- **Burnie** **6477 7730**

Where will I be seen?

We offer face to face appointments at:

- Clinics
- Hospitals
- Community health centres
- At your home
- Telehealth appointments may be offered as an option.

How to provide your feedback

We welcome your feedback about what we are doing well, and what we could improve.

Please visit our website <https://bit.ly/4eQlxFS>

Other helpful services

Telephone support and helplines	
Lifeline	13 11 14
ForWhen	1300 242 322
Perinatal Anxiety & Depression Australia (PANDA)	1300 726 306
Karitane	1300 227 464
Tresillian	1300 272 736
Beyond Blue	1300 224 636
13YARN	13 92 76
Useful Websites	
ForWhen https://forwhenhelpline.org.au/	Mental health support for expecting and new parents.
Centre of Perinatal Excellence (COPE) http://cope.org.au/	Practical information to help women work through all the emotional challenges of becoming and being a parent.
PANDA https://www.panda.org.au/	Information and support for parents and families during pregnancy and in their first year of parenthood.
Gidget Foundation http://gidgetfoundation.com.au/	Supports expecting and new parents to ensure they receive timely, appropriate and specialised care.
KARITANE https://karitane.com.au/	Parenting help and advice to mothers and families during the early years of parenting.
Tresillian https://www.tresillian.org.au/	Advice & support for new parents through resources and services. This is a free service.
Beyond Blue https://www.beyondblue.org.au/	A helpline that provides guidance, information, and resources for managing your mental health.
13YARN https://www.13yarn.org.au/	Aboriginal & Torres Strait Islander run crisis support line for you, or someone you know, who is feeling worried or no good.
MumSpace https://www.mumspace.com.au/	Online treatments to support the mental health and emotional wellbeing of pregnant women, new mums and their families.
Rainbow Families https://www.rainbowfamilies.com.au/	Connects and supports for LGBTQ+ parents and their families.
QLife https://qlife.org.au/	LGBTIQ+ peer support and referral for people wanting to talk about sexuality, gender, bodies, feelings or relationships.
The Black Dog Institute https://www.blackdoginstitute.org.au/	Provides information and resources aimed to create a mentally healthier world for everyone.
Apps and online support	
READY to COPE http://cope.org.au/readytcope/	An app that will keep you informed and feeling reassured during pregnancy, birth and the first 12 months of parenthood.
	