

Perinatal Mental Health Service

North/North West - Tasmania



A service for women who require specialist perinatal assessment and treatment for their mental health during pregnancy and up to a year after baby's birth.

The first year of life is important for the future health and wellbeing of the child.

Perinatal mental ill-health refers to any mental health condition affecting the mood, behaviour, wellbeing, and/or daily function of an expecting or new parent.

The perinatal period is during pregnancy (the antenatal period) and up until the infant is 12 months of age (the postnatal period).

Who Are We

The Perinatal Mental Health Service in the North/North West of Tasmania offers free and confidential specialised mental health assessment and treatment.

Who can use our service

We work with women within the perinatal period who experience or at risk of developing moderate to severe mental health symptoms that are likely to impact their pregnancy and/or parenting, for example:

- Significant perinatal anxiety and/or depression
- Mood disorders including depression and bipolar disorder
- Obsessive compulsive disorder (OCD)
- Psychotic disorders such as schizophrenia and postpartum psychosis
- Previous and/or other significant trauma including post-traumatic stress disorder (PTSD) or prior traumatic birth experience
- Personality disorders
- Women who are prescribed or ceased medications requiring advice and assessment for their use during the perinatal period.

Our team

We are a multidisciplinary team that consists of a range of perinatal specialists.

The team includes: Consultant Psychiatrist, Registrar/Career Medical Officer, Perinatal Mental Health Clinicians (Registered Nurse, Social Worker, Occupational Therapist).

What we provide

A service directly to perinatal women and working closely and collaboratively with their healthcare professionals.

This can include providing:

- Secondary Consultations: information and guidance to their usual healthcare professionals (e.g., GP, Midwife and Child Health Nurse) and other medical and health professionals.
- Shared Care with their existing mental health service providers.
- Short-term specialised perinatal mental health interventions focusing on psychological strategies to support:
 - The pregnant and birth parent/mother with managing their emotional wellbeing
 - The parent-infant relationship.
- Referrals to appropriate Mental Health services (if and when needed) and access to suitable inpatient units (including parent infant unit), if a hospital admission is needed.

Where the service is provided

We offer face-to-face appointments at various locations, including clinics, hospitals, community health centres and at your home. Telehealth appointments may be offered as an option.

How to access our service

You can make a self-referral or refer someone that you are concerned about to the [Access Mental Health - Helpline](#) on **1800 332 388**. This service is operated by skilled and experienced mental health professionals who are available 24 hours a day, 7 days a week.

Referrals can also be made by the midwife, GP or Health Professionals directly through to the Access Mental health – Helpline.

How to contact us

All perinatal services are based within the Adult Community Mental Health Services locations at Launceston, Devonport and Burnie.

North:

Launceston 6777 4985

Northwest:

Burnie 6477 7730
Devonport 6478 4370

Email: perinatal.nnw@ths.tas.gov.au

Website: [Perinatal Mental Health Service | Tasmanian Department of Health](#)

How to provide feedback

The perinatal service would greatly appreciate client feedback, this will assist us in enhancing our services. Please visit our website or use the following URL: <https://bit.ly/4eQlxFS>

Woman/Women – PMH Service recognises that individuals have diverse gender identities. In THS documents, although the terms woman and women are used, these guidelines are inclusive of people who are pregnant or give birth and who do not identify as female.

Useful services

Telephone support and helplines

In an emergency, please call 000 or contact Lifeline on 13 11 14

ForWhen – 1300 242 322

Postnatal and Antenatal Depression Association (PANDA) – 1300 726 306

Karitane – 1300 227 464

Tresillian – 1300 272 736

Beyond Blue – 1300 224 636

13YARN – 13 92 76

Websites

ForWhen

<https://forwhenhelpline.org.au>

Centre of Perinatal Excellence (COPE)

<https://www.cope.org.au>

PANDA

<https://panda.org.au>

Gidget Foundation

<https://www.gidgetfoundation.org.au>

KARITANE

<https://karitane.com.au>

Tresillian

<https://www.tresillian.org.au>

Beyond Blue

<https://www.beyondblue.org.au>

13YARN

<https://www.13yarn.org.au>

MumSpace

<https://www.mumspace.com.au/>

Rainbow Families

<https://www.rainbowfamilies.com.au/>

QLife

<https://qlife.org.au/>

The Black Dog Institute

<https://www.blackdoginstitute.org.au>

Apps and online support

READY to COPE

<http://cope.org.au/readytocope/>





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