

Information

For clients

Psychological Strategies (formerly known as ATAPS) – Perinatal Depression (PND) Service

What is the Perinatal Depression (PND) Service?

Eastern Melbourne PHN's (EMPHN) Perinatal Depression (PND) Service is a short-term service for people with perinatal depression.

The PND service offers:

- brief support (12 individual sessions);
- focused psychological strategies; and
- up to 12 group sessions in addition.

This service is provided free of charge.

Who is the PND service for?

To be eligible for referral to the PND service, you must meet the following criteria:

- have a diagnosis of perinatal depression;
- cannot afford full fee counselling or a service gap fee for MBS Better Access subsidised counselling; and
- have not used the Medicare Benefits Schedule Better Access program in the current calendar year.

How to access the PND service

- Book a long consultation with your GP to discuss your child's wellbeing concerns.
- Your GP will then develop a mental health treatment plan (MHTP) and complete EMPHN's referral form and the Kessler Psychological Distress Scale (K10). Your GP will then send these to our secure fax number.
- Once processed EMPHN will allocate your referral to a clinician in the community who will contact you for an appointment time.

For more information

Contact EMPHN on 9800 1071 or visit

<https://www.emphn.org.au/what-we-do/mental-health/psychological-strategies>

Other useful contacts

Suicide Help Line – 1300 651 251	Monash Health – 1300 369 012
Suicide Call Back Service – 1800 445 511	St Vincent's – 1300 558 862
Lifeline – 131 141	Northern Health – 1300 874 243
Parentline – 132 289	Austin Health – 1800 859 789
Eastern Health Triage – 1300 721 927	Kids Help Line – 1800 551 800

I consent to my/ my child's de-identified information being used by EMPHN for evaluation and reporting purposes to the Department of Health. I understand this data, which does not include my name, address or Medicare number, but will include information such as date of birth, gender and types of services I/ my child use, will be used for the purposes of improving health services in Australia. I understand that my/ my child's information will not be provided to the Department of Health if I indicate I do not consent.

phn
EASTERN MELBOURNE

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