

# Information

## For general practitioners

### 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, your patient 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 patient to discuss their wellbeing concerns
- Develop a Mental Health Treatment Plan (MHTP)

Complete the following (available at <https://www.emphn.org.au/what-we-do/mental-health/psychological-strategies>).

- EMPHN Mental Health Services Referral Form and Kessler Psychological Distress Scale (K10).
- Fax the MHTP referral form and K10 to EMPHN's secure fax number on (03) 8677 9510.
- Once processed, EMPHN will allocate your referral to a clinician in the community who will contact your patient for an appointment time

#### What happens next?

- After the initial six sessions, you will be provided with a treatment review, indicating if additional sessions are required (a review of the MHTP is needed for further sessions).
- If further sessions are required, please complete a referral form for a second set of sessions and MHTP review and fax these to the secure fax number.
- In exceptional circumstances, a further six sessions can be accessed (consultation with the EMPHN intake team and an additional MHTP review is required).

#### For more information

Contact EMPHN on 9800 1071 or visit <https://www.emphn.org.au/what-we-do/mental-health/psychological-strategies>

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

[www.emphn.org.au](http://www.emphn.org.au)