

Postnatal Depression

Community Support and Resources

Telephone Services

SERVICE NAME	AVAILABILITY	CONTACT NUMBERS
Crisis Care (emergency assistance)	24 hour	9223 1111 Freecall 1800 199 008
Health Direct (medical advice by registered nurses)	24 hour	Freecall 1800 022 222
Mental Health Emergency Response Line	24 hour	1300 555 788 Rural freecall 1800 676 822
Ngala Helpline (practical parenting advice, help and support for parents caring for children aged 0-6 years) http://www.ngala.com.au	7 days 8.30 am to 8.00 pm	9368 9368 Freecall 1800 111 546
Raphael Centre. St. John of God Health Care	weekdays 9.00 am to 4.00 pm	1300 306 828
Samaritans	24 hour	9381 5555 Freecall 1800 198 313

Metropolitan support groups, counselling, self-help

Child Health Centres For your closest centre – phone HealthInfo, or check your local White Pages under “Child Health”	1300 135 030
Gosnells Women’s Health Service Suite 7 Level 1, Gosnells Community Lotteries House 2232c Albany Highway, Gosnells Childbirth, stress and depression group, individual counselling	9490 2258
Granny Spiers Community House 2 Albatross Ct, Heathridge 6020 Postnatal depression support groups	9401 2699
Lockridge Community Health 32 Weddall Rd, Lockridge 6054 Ten-week group with Social Worker and Child Health Worker	9279 0100
Postnatal Depression Support Association Support and information for women, partners and families. http://www.pndsa.com Parenting House 22 Coolgardie St, Bentley 6102 8-week support group, community nurse and library Drop-in centre – Thurs. mornings fortnightly during school terms West Stirling Neighbourhood House 228 Hancock Street, Doubleview Fortnightly group, Fri. mornings 9.30 am to 11.30 am.	Support line: 9340 1622 9458 4552 9446 2757

Metropolitan support groups, counselling, self-help, cont'd.

<p>Raphael Centre. St. John of God Healthcare Ground Floor, SJOG House, 175 Cambridge St, Subiaco 6008</p> <p><i>Antenatal Support Group</i>, Mondays 9.30 am to 11.30 am <i>Postnatal Support Group</i>, Mondays 9.30 am to 11.20 am <i>Postnatal Depression, Stress and Anxiety Treatment and Support Group</i>, Tuesdays 9.30 am to 11.30 am http://www.sjog.org.au</p>	1300 306 828
<p>Red Cross Family Support Service Helps mothers with postnatal depression. Volunteers visit you at home and help with the care of the baby (no telephone support).</p>	9325 5111
<p>Rockingham and Kwinana Childbirth Stress and Depression Service Westerly Family Centre Lifelinks Building, 4 Civic Boulevard, Rockingham 6168 Thursdays</p>	9527 8221
<p>Women's Health Centres Can provide information and referral to agencies in your local area. Many centres also provide individual counselling, and support groups.</p>	Details listed in Women's Health Centres resource guide
<p>Womens Health Services ABC Program for Postnatal Depression 100 Aberdeen St, Northbridge 6003 Assessment, treatment and referral for postnatal mood disorders. Therapeutic group program (2 per term), fathers sessions, home visits where appropriate, limited 1:1 counselling and couples counselling. Creche available (group program only).</p>	9227 8122 Freecall 1800998 399

Regional support groups, counselling, self-help

SERVICE NAME	LOCATION	CONTACT NUMBERS
Albany Parenting Information Centre	ALBANY	(08) 9842 8205
Community Depression Awareness Project		
Wellington Health Service	COLLIE	(08) 9734 1333
Warren Blackwood Primary Health Service	MANJIMUP	(08) 9777 0470
Katanning Community Health Services	KATANNING	(08) 9821 2815
South West Counselling Inc.		
	BRIDGETOWN	(08) 9761 4171
	BUSSELTON / DUNSBOROUGH	(08) 9754 2052
	HARVEY / COLLIE	(08) 9721 2042
	MANJIMUP	(08) 9771 2676
	MARGARET RIVER / AUGUSTA	(08) 9758 8055
	NANNUP	(08) 9758 8055
	NORTHCLIFFE	(08) 9771 2676
	PEMBERTON	(08) 9771 2676
Mandurah Community Health Centre Friday morning group with social worker and nurse	MANDURAH	(08) 9531 8088

Nintirri Neighbourhood House Parents / baby group	TOM PRICE	(08) 9188 1224
Well Woman Centre Parenting groups; postnatal stress/depression support	SOUTH HEDLAND	(08) 9140 1124
South West Postnatal Stress / Depression Service Support Group - Monday 9.30 am to 11.30 am; Therapeutic Group - Thursday	BUNBURY	Sharon Binnie 0417 923 744

Hospitals and psychiatric health clinics

Graylands Health Service Cullity Mother and Baby Unit Brockway Rd, Mt Claremont 6010	9347 6600 Extension 6828 Freecall 1800 683 377
King Edward Memorial Hospital 374 Bagot Road, Subiaco 6008 Clinical Psychology Department	9340 1521
St. John of God Health Care. Raphael Centre Ground Floor, St. John of God House 175 Cambridge Street, Subiaco 6008	1300 306 828

Public Mental Health Clinics - Metropolitan

Armadale / Kelmscott Health Service GP referral	9391 2400
Bentley Health Service GP referral	9334 3800
Fremantle – Alma Street Centre GP referral	9431 3555
Joondalup – North Metro Community Mental Health GP referral	9400 9599
Peel and Rockingham / Kwinana Mental Health Service GP referral	9531 8080
Mirrabooka Mental Health Clinic GP referral	9344 5400
Osborne Park – Community Mental Health Service GP referral	9346 8350
Royal Perth Hospital – Inner City Mental Health Service	9224 1720
Swan Adult Mental Health Centre GP referral	9347 5700

Public Mental Health Clinics – Regional

<p>Central West Mental Health Services. Geraldton (Geraldton, Murchison, Northampton, Kalbarri, Mullewa, Morawa, North Midlands, Dongara, Yalgoo) Meekatharra Mental Health Service</p>	<p>(08) 9956 1999 (08) 9981 0625</p>
<p>Gascoyne Mental Health Service. Carnarvon (Carnarvon, Denham, Exmouth)</p>	<p>(08) 9941 4141</p>
<p>Great Southern Mental Health Service. Albany Albany Community Mental Health Service (Central admin.) Esperance Mental Health Service Katanning Community Mental Health Service Narrogin Community Mental Health Service</p>	<p>(08) 9892 2440 (08) 9071 0444 (08) 9821 2815 (08) 9881 4888</p>
<p>Kalgoorlie-Boulder Community Mental Health Service</p>	<p>(08) 9088 6200</p>
<p>North West Mental Health Service Broome Derby Karratha Kununnurra Halls Creek Community Health Newman Port Hedland – via Port Hedland Hospital - Clinical Psychologist - Pilbara Mental Health Service Tom Price Hospital</p>	<p>(08) 9192 3322 (08) 9193 1633 (08) 9144 0346 (08) 9166 4350 (08) 9168 6053 (08) 9175 1501 (08) 9158 1666 (08) 9158 1617 (08) 9173 1855 (08) 9189 1199</p>
<p>Peel Mental Health Service</p>	<p>(08) 9531 8080</p>
<p>Quairading District Hospital</p>	<p>(08) 9645 1100</p>
<p>South West Mental Health Service. Bunbury (Bunbury, Warren Blackwood, Wellington, Vasse Leeuwin)</p>	<p>(08) 9791 4355</p>
<p>South West Mental Health Service – Lower South West. Bridgetown</p>	<p>(08) 9761 2644</p>
<p>Wheatbelt Mental Health Service. Northam (Avon, Merredin, Northam, Quairading, Toodyay, York)</p>	<p>(08) 9621 0999</p>
<p>If your area is not included here please contact your local hospital, or contact your local Community Health Centre (look under “Community Health” in your local White Pages phone book)</p>	

Libraries

<p>Health Information Resource Service for Women (HIRS) King Edward Memorial Hospital 374 Bagot Road, Subiaco WA 6008 Monday - Friday 9.00 – 12.00 and 1.00 – 3.00</p> <p>Has a good range of postnatal depression resources including books and videos for loan, free pamphlets, and some information in multiple languages</p>	<p>9340 1100 Freecall 1800 65 1100</p>
--	---

Websites

Beyondblue: the National Depression Initiative

An organisation devoted to increasing awareness and understanding of depression in the Australian community. Does not provide medical or counselling advice.

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

HEALTH Insite

A government-funded initiative to provide easy access to quality health information. Provides direct links to many Australian postnatal depression web pages and full text documents.

http://www.healthinsite.gov.au/topics/Postnatal_Depression

Perinatal Mental Health

A government-funded multi-media website providing comprehensive information for women and their families who may be experiencing emotional difficulties and challenges during pregnancy or after the birth of their baby (perinatal period). It also includes a database of perinatal mental health services statewide, and video streaming component.

<http://www.yourzone.com.au/perinatalhealth/>

While every effort has been made to ensure that this publication is correct at the time of printing, this information is subject to frequent change.

The Health Information Resource Service welcomes feedback about any errors or omissions.

Tel: (08) 9340 1100; Fax: (08) 9340 1124; Email: kemh.hirs@health.wa.gov.au

Compiled by: Health Information Resource Service
Email: kemh.hirs@health.wa.gov.au
Web site: <http://wnhs.health.wa.gov.au>

Produced by: Women and Newborn Health Service
 © January 2005 WCHS 0282 Rev.1
 Revised July 2007

King Edward Memorial Hospital
 374 Bagot Road
 Subiaco WA 6008
 Tel: (08) 9340 2222
 Fax: (08) 9388 1780

Disclaimer: The advice and information contained herein is provided in good faith as a public service. However the accuracy of any statements made is not guaranteed and it is the responsibility of readers to make their own enquiries as to the accuracy, currency and appropriateness of any information or advice provided. Liability for any act or omission occurring in reliance on this document or for any loss, damage or injury occurring as a consequence of such act or omission is expressly disclaimed.