Postnatal women’s screening interview using EPDS
(Also consider screening opportunistically, during treatment, and partners)

**Is the score 0-9? (LOW RISK)**
- YES
  - Check for clinical symptoms not reflected in score
  - Check literacy/understanding
  - Score of 0 is unusual
  - Offer info about emotional wellbeing, services, resources
  - Suggest she returns if things change

- NO

**Is the score 10-12? (MODERATE RISK)**
- YES
  - Discuss and explain any high scoring items
  - Offer regular appointments to support and monitor

- NO

**Is the score 13-30, without identified risk to mother and/or baby? (HIGH RISK)**
- YES
  - Assess for risk to mother and baby
  - Is there a need for crisis intervention?
  - Set up emergency supports as needed

- NO

The score is 13-30, with an identified risk to mother and/or baby (IMMEDIATE RISK)
- Aim to keep mother and baby safe
- Arrange immediate assessment
- Express your concerns
- Document all actions
- Arrange debrief/supervision for self

**POSSIBLE REFERRALS**
- Better Beginnings
- Australian Breastfeeding Association
- Day Care
- Playgroup (including CALD-specific)
- Toy library
- Gym with crèche
- Pram walking group
- Resources, websites

**Please Note**
Antenatal cut-off: 14 or more (high risk)
Men’s cut-off: 6 or more (high risk)
## CONTACT DETAILS
- ph: 9427 3130 or contact local library
- helpline: 1800 686 2 686 or 1800 686 268
- helpline: 1300 726 306
- ph: 6279 1200, rural freecall: 1800 654 432
- ph: 9228 9006 (central office)
- helpline: 9368 9368, rural freecall: 1800 111 546
- ph: 9245 2441
- ph: 9225 8808 (metro), ph: 9726 6709 (Bunbury)
- ph: 9340 1799
- ph: 9340 1100
- see list online:

## NOTES
- Family literacy program coordinated through public libraries
- Counsellors take calls in their own home- be considerate of time
- local area
- local area
- local area
- local area
- local area
- local area
- local area
- info on parenting strategies
- 6.30am-1.30pm, Mon-Fri. (Post and Antenatal Depression Assoc).
- 24/7. Info & advice for parents/carers of children ≤18 yrs
- parenting courses, practical support, mental illness support
- 8.30am-8pm, 7 days. Practical parenting support & education
- child day care, family day care, in-home care
- Metro service currently in Towns of Vic Park/Belmont/Canning only
- 9am-12pm, 1-3pm, Mon-Fri. Based at KEMH Subiaco.
- local area
- local area
- helpline: 1300 726 306
- ph: 1300 306 828
- ph: 9272 2399 (metro), ph: 9726 6709 (Bunbury)
- ph: 9340 1799
- ph: 9340 1100
- see list online:
- www.community.wa.gov.au/DCP/ContactUs/
- may require mental health plan from GP.
- 9am-4pm, Mon-Fri. Support & info re: perinatal mental health.
- Practical support service. Refer antenatally or ≤ 3 mths postnatally.
- local area
- Multicultural women’s health centre in Mirrabooka.
- 25 locations statewide
- metro and major regional centres. Provided by Anglicare
- metro and major regional centres
- www.centrecare.com.au
- local area
- local area
- local area
- ph: 1300 364 277 (local call cost)
- ph: 1800 812 511
- ph: 9325 7033
- ph: 9325 6644
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