



# WNHS Mental Health Service

## Outpatient and Consultation Liaison

### Patient information

We have expertise in women's mental health, offering services to King Edward Memorial Hospital (KEMH) patients. If you or your GP are worried about your mental health, please let your treating team know and they can refer you to our services.

#### Our staff include:

- Consultant psychiatrists and registrars
- Clinical psychologists
- Medical practitioners
- Mental health nurses
- Administration staff.

#### The areas we specialise in include:

- Emotional distress, trauma or anxiety around pregnancy and birth
- Depression and anxiety
- Adjustment and positive approaches to your baby
- Adjustment to gynaecological cancers
- Management of medications around pregnancy
- Psychological preparation and support for medical procedures and diagnoses
- Grief and loss
- Psychological management of pain related to women's gynaecological or obstetric issues
- Adjustment to menopause
- Sexual health problems and their impact on parenthood and relationships.

#### The referral process

You can be referred throughout any stage of your involvement with KEMH. You may also be referred via your GP, child health nurses, the Mother Baby Unit, other community services or via self-referral.

If you are concerned about your mental health, please speak to someone, or speak to one of our hospital staff. You can also call our triage mental health nurses on (08) 6458 1521 between 8.30am and 4.30pm, Monday to Friday.

We respond to all referrals and will try to link you to the most appropriate service. Once your referral is accepted, you may access our services while you are a patient and, in most cases, for some time after.



## Treatment

Following an initial triage and subsequent assessment, which helps us to understand what is happening for you, our team will work together with you to develop therapy goals and treatment, including helping you to develop the skills and confidence to manage your difficulties.

Treatment can include individual therapy either while you are an inpatient, in the Neonatal Intensive Care Nursery (NICU), or as an outpatient in our consulting rooms at Agnes Walsh House.

Treatment can include psychological therapy, medication, and preconception counselling (if you are taking medications).

Our services can be provided face-to-face or via telehealth (video or phone). We can also help with referrals to community and locally based services if you would prefer treatment closer to home.

Auslan or interpreter services can be arranged for patients with hearing difficulties or those from a non-English speaking background.

While you are in our service, your information is confidential, unless discussed as otherwise. However, we are required to write information in your medical file and our mental health database. We also write to your GP or referrer with your knowledge and consent.

We are not a crisis service or a mental health inpatient unit. If you are concerned about your safety, we would recommend you contact crisis services and support such as:

- **Mental Health Emergency Response Line:** 1300 555 788
- **Lifeline:** 13 11 14
- **Beyondblue:** 1300 224 636
- **HealthDirect:** 1800 022 222
- **Crisis Care:** (08) 9223 1111
- **Women's Domestic Violence Helpline:** 1800 007 339
- **Kids Helpline:** 1800 551 800

Please contact us for more information.

## WNHS Mental Health Service

Outpatient and Consultation Liaison

Q Block, Agnes Walsh House, Level 1  
King Edward Memorial Hospital

**Hours:** 8.30am-4.30pm,  
Monday to Friday

**Phone:** (08) 6458 1521

**Fax:** (08) 6458 1111

Scan the QR code to  
find out more.



## Feedback

**To tell us what you think of our services, you can:**

- Talk to the staff caring for you at KEMH
- Contact the Consumer Liaison Service at the hospital on **(08) 6458 1444** or email **wnhscls@health.wa.gov.au**
- Contact our administration staff who can provide you with a feedback form and tell you how this information will be helpful.

The information provided is for information purposes only. If you are a patient using this publication, you should seek assistance from a healthcare professional when interpreting these materials and applying them to your individual circumstances.



## Women and Newborn Health Service

King Edward Memorial Hospital

📍 374 Bagot Road, Subiaco WA 6008

☎ (08) 6458 2222

🌐 [kemh.health.wa.gov.au](http://kemh.health.wa.gov.au)

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in alternative formats on request.