



# Statewide Perinatal and Infant Mental Health Program (SPIMHP) training calendar 2025

SPIMHP provides training to improve the health and wellbeing of families in WA.

Presenters can also provide training on a range of perinatal mental health disorders on request. Talks can be delivered in the workplace or via MS Teams. The below training is provided free of charge to attendees.

**Please complete the registration form and send to [WNHS.MHS.SPIMHP@health.wa.gov.au](mailto:WNHS.MHS.SPIMHP@health.wa.gov.au)** Alternatively, visit our website [www.kemh.health.wa.gov.au/spimhp](http://www.kemh.health.wa.gov.au/spimhp). Participants will receive a confirmation email once their form has been submitted. Training modules are available to both government and non-government health staff.

## Perinatal anxiety disorders

This module provides participants with an introduction to anxiety in the perinatal period. Prevalence and types of anxiety disorders will be explored, along with engagement, screening, and treatment options.



### Dates

Tuesday 11 February  
Wednesday 30 April  
Monday 28 July  
Tuesday 14 October



### Location

King Edward Memorial  
Hospital (KEMH), Subiaco  
TBC by email



### Time

9.00am  
to  
4.00pm

## Serious mental illness in the perinatal period

This training module is a 1.5-hour presentation on managing women with a serious mental illness in the perinatal period. It is available for both mental health and non-mental health staff.



### Dates

Thursday 3 April  
Tuesday 12 August



### Location

MS Teams



### Time

10.00am  
to 11.30am

## Perinatal mental health screening and management

This training provides health professionals with an understanding of perinatal mental health disorders, how to assess using screening tools such as the Edinburgh Postnatal Depression Scale (EPDS), provide support, management strategies and referral options.



### Dates

Wednesday 26 March  
Tuesday 3 June  
Thursday 21 August  
Wednesday 26 November



### Location

KEMH, Subiaco  
TBC by email



### Time

9.00am  
to  
3.00pm

## Mental Health First Aid (MHFA)

The MHFA course equips adults with the knowledge, skills and confidence to recognise, understand and respond to a friend, family member, co-worker or another adult experiencing a mental health problem or mental health crisis.

This 12-hour course is run over **3 half days, or 2 full days** and participants must attend all sessions in the series to complete the course. There is a cost associated for attendees from outside Women and Newborn Health Service (WNHS): Public Health staff \$150 per course, private/other staff \$300 per course.

For further information or to register, email [WNHS.MHS.SPIMHP@health.wa.gov.au](mailto:WNHS.MHS.SPIMHP@health.wa.gov.au)



### Dates

#### Series 1

Monday 17 March and  
Monday 31 March

#### Series 2

Monday 9 June, Monday  
23 June and Monday 7 July

#### Series 3

Monday 22 September and  
Monday 13 October



### Location

KEMH, Subiaco  
TBC via email

KEMH, Subiaco  
TBC via email

KEMH, Subiaco  
TBC via email



### Time

8.00am  
to 3.30pm

8.00am  
to 12.30pm

8.00am  
to 3.30pm

## Mental Health First Aid refresher

This training is available to those who have previously completed the 12-hour standard Mental Health First Aid training and successfully completed the post-training assessment to become accredited in providing Mental Health First Aid.



### Dates

Wednesday 2 April  
Monday 27 October



### Location

KEMH, Subiaco  
TBC by email



### Time

8.00am  
to 12.30pm

## Online training available only for rural and remote participants via MS Teams

### The Antenatal Risk Questionnaire (ANRQ)

This is a modified version of the face-to-face ANRQ workshop designed to assist health professionals in the use of the screening tool.



### Dates

Monday 19 May  
Thursday 13 November



### Location

MS Teams



### Time

10.00am  
to 12.30pm

### The Edinburgh Postnatal Depression Scale (EPDS)

This modified version of EPDS workshop training is designed to assist health professionals and others using the EPDS scale.



### Dates

Monday, 10 March  
Tuesday, 16 September



### Location

MS Teams



### Time

10.00am  
to 12.30pm



## Women and Newborn Health Service

King Edward Memorial Hospital  
374 Bagot Road, Subiaco WA 6008  
(08) 6458 2222  
kemh.health.wa.gov.au

This document can be made available  
in alternative formats on request.