



Telehealth perinatal psychiatry consultation service for mums and mums-to-be in rural WA

The King Edward Memorial Hospital (KEMH) Perinatal Mental Health Service offers rural women access to telehealth consultation perinatal psychiatry services

What is the Perinatal Mental Health Service?

The Perinatal Mental Health Service's team of perinatal psychiatrists offer specialist **secondary consultation** for women with a history of postpartum psychosis, schizophrenia and bipolar disorder type 1. However, the service is not restricted to these diagnostic groups and we welcome the referral of women with other complex mental health problems such as severe and current eating disorder or obsessive compulsive disorder. If the woman has a high prevalence disorder, e.g. depression and/or anxiety and has a complexity such as co-morbid severe personality disorder that might warrant an appointment, please contact the Perinatal Mental Health Service team. Preconception counselling is available and encouraged.

The team can now work in partnership with the local clinician to provide assessment and treatment recommendations for patients in the perinatal period (i.e. during pregnancy and up to 12 months postnatally). Case management and clinical decision making remains with local clinicians. Face to face appointments on site at KEMH, Subiaco can be arranged, if preferred.

Further information and referrals

Referrals can be emailed or faxed to Department of Psychological Medicine, KEMH. If any queries or you need to discuss with the duty psychiatrist, please call the Triage Officer.

Phone: 6458 1521

Email: PsychologicalMedicineTriage.WNHSWHCCU@health.wa.gov.au

Fax: 6458 1111

Referral information should include:

- details of referring medical officer, GP or medical specialist
- diagnosis and treatment
- past psychiatric history (including hospitalisations and treatments)
- information regarding co-morbid drug and alcohol use
- physical health problems, social supports, and risk assessment.

The Triage Officer will liaise with referrers to arrange an appointment as appropriate.

Appointments

We request that, ideally, the woman, her partner or support person, and a treating clinician should be present for the appointment. Initial assessments typically take 90 minutes and follow up appointments 30 minutes.