



Edinburgh Postnatal Depression Scale (EPDS) Referral Pathway

Score	EPDS score 0-9 (Low Risk)	EPDS score 10-12 (Moderate Risk)	EPDS score 13-30 (High Risk) No identified risk to mother or baby	Q. 10 Any client who scores a positive score or clinical assessment identifies immediate safety concern for mother or baby (Acute risk)
Actions	<p>Check for clinical symptoms not reflected in score and no evidence of wellbeing concerns and no significant attachment issues.</p> <p>Check literacy/understanding.</p> <p>A score of 0 is unusual. May require further exploration in case symptoms are being masked.</p> <p>Encourage her to return if things change.</p>	<p>Discuss and explore any high score items.</p> <p>Offer ongoing appointments to support and monitor.</p> <p>Repeat EPDS in 2-4 weeks.</p> <p>Explore options/strategies for support</p>	<p>Scores within this range indicate the presence of symptoms of distress that are impacting daily functioning and ability to cope.</p> <p>Discuss and explore any high scoring items.</p> <p>Is there a need for crisis intervention?</p> <p>Set up emergency supports as needed.</p> <p>Offer ongoing appointments to support and monitor.</p>	<p>Express your concerns.</p> <p>Use a risk assessment tool to assist your assessment such as that provided in Appendix A or one used by your organisation. Assessment of the mothers' current thoughts and plans needs to be discussed to ensure she is safe to leave.</p> <p>Aim to keep mother and baby safe. Stay with the mother until formal advice and guidance has been provided or care for the mother has been handed over.</p> <p>Document all actions.</p> <p>Arrange debrief for self.</p>
Possible Referral	<p>Green Pathway Universal advice and guidance No formal referral required. Share appropriate mental health and wellbeing resources/programs to optimise mental wellbeing. Promote activities that promote connection- Playgroup, mothers' groups, rhyme time at local library, toy library. For a comprehensive list of known available resources and programs refer to the Perinatal and Infant Mental Health Promotion and Prevention Plan 2023-2027 P21</p>	<p>Yellow pathway Assist and monitor Write letter to GP informing of EPDS score and plan. Liaise child health nurse. Promote additional support options to the mother Liaise with psychological services as needed. Promote resources available through perinatal mental health organisations such as PANDA, NGALA, COPE, For When and Gidget Provide same advice and guidance as per the GREEN pathway</p>	<p>Amber pathway Specialist Mental Health Support Liaise with partner, family and or friend to organise support. Written mental health referral to appropriate service: GP Mother & Baby Unit (KEMH & FSH) Health Service where women delivered. Private psychological/ psychiatrist referral Encourage options as per green and yellow pathway to promote further supports and information</p>	<p>Red Pathway Acute support- Urgent referral to psychiatric services Based on risk assessment decide which service is most appropriate. Options to ring include: GP St John Ambulance Mental Health Emergency Response Line- Perth metro 1300 555 788 or Peel 1800 676 822 Rural link – Mental Health phone line 1800 552 002 Other helplines Local Mental health service Nearest emergency department Liaise with partner, family or friend</p>

