

Perinatal Wellbeing Service

Logan Beaudesert Wellbeing Service

Perinatal wellbeing is the emotional and mental health of women and their infants during pregnancy and early infancy. Many women will find it hard adjusting to pregnancy or a new baby. It is not uncommon to feel overwhelmed, which may affect how they look after themselves and baby.

Women may develop depression or anxiety (sometimes both) during pregnancy or after they have their baby. If untreated, depression or anxiety can affect the health of women, their babies and their families.

Partners can also experience problems with their wellbeing during this time.

Getting help early is important for you, your baby and family.

The service is for women aged 18 years or older who are pregnant or have a baby aged up to one year and their families, living in Logan, Beaudesert or Redlands suburbs who are having trouble coping.

Services

The Perinatal Service offers free and friendly services provided by a Nurse Practitioner and a Clinical Nurse Consultant who work closely with your General Practitioner (GP), maternity services, child health services and other health staff.

The service:

- » offers specialist perinatal assessment and intervention (up to six appointments)
- » provides information about perinatal emotional health and wellbeing and illnesses (such as depression and anxiety)
- » provides advice on the treatment of mental illness
- » offers education around coping and managing stressful situations
- » provides counselling, treatment and support (including prescribing medicine)
- » works with you, your family, GP and other services to provide you with support
- » links you to community services, non-government services and other specialists.



Referral process

There are several ways to access the service:

- » You can make a self-referral by contacting the service directly
- » GPs, midwives, community health and other health providers can make referrals on your behalf. If you do not have a GP, the service can support you in finding one.

Service locations

Services can be provided in the community, at your GP practice or, in some cases, at your own home.



Healthy mind.
Healthy mum.
Healthy baby.



Partnering with Consumers - This patient information brochure supports National Safety and Quality Health Service Standard 2 (2.4.1) Consumers and/or carers provided feedback on this patient information.

For more information, contact:

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