

## How do I get help?

All referrals are made by contacting the Mental Health Access & Triage team on **1300 247 647** (24 hours/7 days).

Referrals are accepted from General Practitioners, Maternal and Child Health Nurses, other Health Professionals, Community Agencies or by self-referral.

**We are a free and voluntary service available to all eligible residents within the Grampians and South West Vic regions. Please note that some community treatment options are not available to all areas of our catchment. We are not a crisis service.**

## What happens next?

Once we have received your referral a member of our community team will contact you to schedule an appointment to discuss and plan your treatment options.

## For Health Professionals

Our team is available for secondary consultation and can provide community education for Health Professionals and Community Agencies working with women and families. Please call (03) 5320 8712 during business hours for more information.

## Ballarat Health Services Perinatal Mental Health Service



## Contact us

**BHS - Perinatal Mental Health Service  
and  
Mother & Family Unit**  
28-34 Pleasant St South  
Newington VIC 3350

p 03 5320 8712 | f 03 5320 8713

**All Referrals**  
Free Call **1300 247 647**  
(24 hours/7 days)

Providing specialist emotional and psychological treatment for families during pregnancy and early parenthood

Front Cover Artwork: Titled *A mother's hope of healing - mental health*.  
Created by Intuitive Artist and Initiatic Art Therapist Tegan Neville  
ART from SPIRIT®



Ballarat Health Services

## Who are we?

We are a specialist public mental health service providing psychological treatment to women and their families. We are a team of experienced mental health clinicians including Psychiatrists, Psychologists, Social Workers, Occupational Therapists, Mental Health Nurses, Midwives and Paediatricians.

## Who needs this treatment?

We work with families within the perinatal period (during pregnancy and up to 12 months post birth). We provide treatment and support to women experiencing mental health difficulties, including those experiencing struggles with their transition to parenthood; symptoms of anxiety and depression; or more serious mental health conditions.

## What are the treatment options?

We assess your needs and individualise your treatment to support you throughout your journey of recovery. We have a number of options available including community-based treatment, inpatient stays and group programs.

## Community

Our team of perinatal mental health clinicians can offer treatment either at home or in clinic. Our team provide evidenced-based, client-centred and family inclusive interventions to support you in achieving your treatment goals. If your mental health needs change, the team will assist you in accessing some of our other programs.

## Inpatient

Our Mother and Family Unit (MaFU) can offer families a more intensive treatment option. At the MaFU, parents and their baby stay with us from Monday to Friday. The length of stay depends on each individual's circumstance and treatment needs. We provide support, treatment and advice 24 hours a day whilst you continue caring for your baby. Once families have completed a stay, our community team can provide you with extended treatment and support options.

## Groups

Our specialist team delivers comprehensive inpatient group programs incorporating psychoeducation, therapeutic interventions and parenting education. We also offer a community-based, 6 week attachment-focussed parenting education program to enhance the parent-child relationship.



## Partners, children and families

We encourage partners, families and significant others to be involved in our programs and understand your treatment as we know they are a vital support through the journey of recovery.

## Our Mission...

*We provide a safe haven for families to empower them to improve their emotional health, wellbeing, and foster stronger connections with their baby.*

*The greatest joy of our work is to see families with a renewed sense of hope for the future, humbled by the knowledge that we were able to make a difference for them and our community.*

## What our families have said...

*"I was a mess when I first walked in here but I'm starting to feel whole again and more like myself"*

*"It's helped to rebuild me and heal my family"*

*"My future looks so much more promising thanks to ALL of you. I am so thankful that this facility is here, such a wonderful service"*