

Our specialists

Our perinatal trained clinicians include a consultant psychiatrist and clinical psychologists:

- Dr Ling Chua, Consultant Psychiatrist
- Rebecca McStay, Clinical Psychologist
- Alana Pisani, Clinical Psychologist

Contact us

Perinatal Emotional Health Service

Hawthorn CMHC
642 Burwood Road
Hawthorn East
VIC 3123

Email: PEHS@svha.org.au
Call: (03) 9231 5900

Other helpful contacts

- PANDA Helpline: 1300 726 306
- Parentline: 1300 301 300
- Beyond Blue: 1300 224 636
- Lifeline: 13 11 14
- St Vincent's Triage: 1300 558 862

Perinatal Emotional Health Service

The Perinatal Emotional Health Service (PEHS) offers a range of services to new and expecting parents, including:

A specialised community-based perinatal mental health service

servicing St Vincent's Hospital's catchment area for parents up to 12 months postpartum.

Primary and secondary consultations

for perinatal mental health.

Education and support

for services in the community.

Clinical support

focused on therapeutic alliance, timely appointments, assessment, formulation, group work, psycho-education and goal setting.

Working with parents:

- New and expecting
- Experiencing specific mental health challenges*
- From pre-conception until 12 months postpartum.

Working together with:

- Maternal and child health nurses
- Local GPs
- Specialist midwifery services
- Parent infant units
- Early parenting centres
- Private psychiatrists
- Local mental health services
- Maternity wards
- Other specialised mental health services.

Specific interventions

- Potential for short-term psychological intervention including but not limited to:
 - Dialectical behavioural therapy (DBT)
 - Acceptance and commitment therapy (ACT)
 - Cognitive behavioural therapy (CBT)
 - Circle of security
- Capacity for group programs
- Supporting loss and grief
- Attachment based frameworks
- Trauma informed care
- Psychiatry consultation.

* PEHS is unable to provide case management or specific assessment for ADHD, ASD, or parenting capacity.

The referral process

Each referral will be reviewed by one of our PEHS clinicians.

An initial appointment will be arranged to discuss identified issues/concerns to determine the best support options based on parents' goals (this may include ongoing support from PEHS or provision of alternative support options).

Parents are encouraged to bring their baby and support people to this in-person session.

Clinicians will discuss appropriate treatment pathways to support identified goals and how these may be achieved.

Episodes of care usually range from three to six months prior to review of family needs.

Further information and referral suitability can be discussed via PEHS' contact details on the back of this brochure.

Please note the PEHS is not a crisis service. If you are experiencing a mental health crisis:

- contact St Vincent's Triage (24/7 support) on 1300 558 862, or
- visit your nearest Emergency Department or call 000.