

# Perinatal mental health services



As South East Melbourne's newest mental health facility, the Langmore Centre has been beautifully redeveloped to allow caregivers to provide compassionate care for a diverse range of mental health conditions. A centre for excellence in mental health, the Langmore Centre builds upon the foundation of St John of God Health Care's (SJGHC) values of compassion, respect, hospitality, excellence and justice, to offer a holistic, patient-centred approach to inpatient and outpatient care.

In addition to our specialised units that cater to mental health conditions and alcohol and other drug addictions, Langmore Centre has a dedicated perinatal mental health unit which focuses on improving the wellbeing of parents and their new and/or growing families.

## Why choose us?

The antenatal (pre-birth) and postnatal (following birth) periods can be a challenging time for expectant and new parents emotionally, physically and mentally. Many people can experience an exacerbation of a previous mental health condition or can develop one prior to having a baby or in the days or months after birth. Both parents may be challenged by concerns about providing for their family, supporting their partner and themselves. Our service is also inclusive of both parents.

Our welcoming, modern and homely environment coupled with our friendly clinical team will help you feel comfortable during your stay. Our perinatal mental health unit is skilled with a highly qualified team and will incorporate a perinatal specific recovery program

## What to expect

Patients admitted to the Langmore Centre do so voluntarily, and must be willing and able to consent to their treatment. Patients of Wexford Unit, can expect to receive expert care in a safe and secure environment, specifically designed to be responsive to parental needs. Our private, ensuite rooms can accommodate partners and infants up to 18 months (if not yet walking). By

keeping families close by during treatment, patients can focus on their individual recovery with perinatal mental health clinicians while the family can continue to learn how to live well together.

## How we can help you

Feeling a little emotional and anxious before or after the arrival of a new baby is normal but if a low mood and feelings of anxiety persist for more than a couple of weeks and are interfering with a parent's ability to function or enjoy the things that would normally bring them joy, it is possible they are experiencing perinatal anxiety and/or depression and accessing clinical support may be beneficial, if not, necessary.

Patients who have been referred to the Wexford Unit, could be experiencing one, or a combination of the following mental health conditions:

- Antenatal depression
- Anxiety disorder
- Acute stress disorder
- Attachment difficulties
- Anxiety related to the care of their infant
- Infant related problems impacting on the mother's wellbeing
- Difficulties inherent in adjusting to the transition to parenthood
- Depression with postnatal onset (mild to severe)
- Unresolved grief issues



#### Inpatients will have access to:

- Private room with accommodation for baby and partner or support person
- Baby bath room
- Lounge and dining area located within the unit
- Tea and coffee making facilities
- Shared therapy areas comprising of an exercise studio, two art studios, and a group room for inpatient and outpatient use
- Chapel
- Café
- Outdoor courtyard accessible from the dining room
- Sensory garden
- Free onsite parking
- Daily newspapers
- TV with mainstream channels
- Laundry facilities for washing own or baby items
- Free Wi-Fi
- Quiet room
- Pastoral care services

#### Our services

Our perinatal mental health unit specialises in the providing:

- A holistic and supportive approach to the care of families, and to facilitate in the development of secure parent-infant relationship and attachment.
- A comprehensive psychosocial assessment to determine an individualised care plan and provide the necessary support and strategies for you and your infant both during your stay and on discharge home.

- One to one therapy to support families with strategies suitable to their individual needs.
- Inpatient Group therapy programs – Art, music, exercise physiology and pastoral care
- A supportive environment to provide evidence-based education that enhances parental confidence in responding to and caring for their infant utilising age appropriate techniques.

#### Who will care for you?

With patient health and wellbeing paramount to the care and treatment we provide, a multidisciplinary team of experts will provide an integrated approach to delivering high quality, comprehensive care.

Throughout a patient's hospital experience they will be cared for by a range of health professionals who may include:

- Psychiatrists
- Psychologists
- Mental health nurses
- Exercise physiologists
- Art and music therapists
- Pastoral care practitioners
- Physicians
- Occupational therapists
- Lactation Consultant
- Other allied health professionals

Our caregivers are there to support you with your goals, treatment and recovery. They will be there with you and your family through your journey at Langmore center.

#### Accessing our help

Parents who experience antenatal and postpartum difficulties and are seeking inpatient support, must get a referral from their GP and are admitted under the care of a psychiatrist. Inpatient stays generally range from 7-21 days.

1. **Your General Practitioner or Psychiatrist will provide a referral, for either admission to hospital, day or outreach Programs**
2. **Our Intake Nurse will contact you to obtain general information, including health fund details. They will also discuss any out of pocket expenses and complete a clinical assessment to determine the most suitable program for you.**
3. **Our Intake Nurse will then arrange a date and time for admission to hospital or the programs.**
4. **Our Intake Nurse will be able to answer any questions you have during the intake process**

#### Carer/Support Person Involvement

We place a strong emphasis on the involvement of carers or support persons in your recovery and treatment. To maintain and support the family unit, and appropriate care of your infant, a support persons is invited to stay with you for the duration of your admission.

#### Going home

Discharge planning commences on admission and is an important part of care. This includes a plan for follow up care and building a support network. Your support network will assist with the transition of being back in the community and continue with your recovery journey. Your support network may include:

- Day program
- Community based care in the home
- Appointments with your doctor via our consulting suites

If at any time you require support or assistance, you can call main reception on (03) 9773 7000 to be put through to our intake team.

#### Fees

Most major private health insurers cover the cost of our programs with any excess and/or co-payments dependant on your level of individual cover.

Our administration caregivers can check on the status of your health cover on your behalf. All costs and any possible out-of-pocket expenses are discussed with the patient and/or close relative prior to admission and are payable on admission.

#### Referrals

Referrals can be faxed to **9773 7055** or emailed to **Langmore-intake@sjog.org.au**

3 Gibb Street, Berwick 3806  
T. (03) 9773 7000 E. info.langmore@sjog.org.au

[www.sjog.org.au/langmorecentre](http://www.sjog.org.au/langmorecentre)

Published July 2022  
St John of God Health Care Inc.  
ARBN 051 960 911 ABN 21 930 207 958

