

e-PIMH Telepsychiatry

Do I Refer?

Adult Perinatal Mental Health Consultation:

- Is the adult the primary carer of an infant or child aged 0 – 2 years and/or pregnant?
- Does the adult have a history of mental health issues?
- Does their current mental state impact on everyday living and their ability to parent?
- Is there a significant trauma history?
- Is there a history of substance misuse?
- Is there a history of traumatic birthing experiences?
- Does the adult struggle to feel connected to their infant/child?

Please consider a consultation if any of the above areas are of concern, options for support are limited and/or specialised input will value-add to existing interventions.

Other options for support may include:

- Mother/baby groups, play groups or parenting groups
- Community programs such as 'First Five Forever' in the library
- Community Centre programs
- Counselling support

Infant Mental Health Consultation:

- Is the infant/child aged between 0 – 4 years?
- When irritable and/or distressed, is it difficult to calm the infant/child?
- Does the primary carer express negative statements about the infant/child?
- Are there concerns about the mother infant/child relationship?
- Has the infant/child experienced physical or emotional trauma or neglect?
- Are there concerns about the infant/child's growth?
- Does the infant/child lack age appropriate social interactions?
- Can the infant/child communicate in a developmentally appropriate way?

Please consider a consultation if there is unease or concerns in these areas.

Other options for support may include:

- Child Health Nurse
- Playgroup QLD
- Bushkids
- Pediatric assessment