Patients can expect to be informed of why they were referred and have the assessment process, outcomes and recommendations for treatment options clearly explained to them and their support person. They have the right to decline a referral for an assessment and to decide on the best treatment recommendations or follow-up plans for them. Patients have the right to seek a second opinion regarding assessments and treatment recommendations.

Psychological Medicine may be asked by the hospital to help with patients who could be at risk of harm to themselves or others.

**Consumer Service Evaluation**

Patients are invited to be actively involved in all aspects of their care from assessment through to treatment, referral, follow-up and discharge planning. Patients are encouraged to provide feedback about our services by using the forms available in the waiting room, by talking directly to staff or requesting to speak to the program manager.

We use this feedback to improve services and for program development and planning. Although participation is encouraged, it is completely voluntary and providing feedback will not affect treatment.

Auslan or Interpreter Services can be arranged for patients with hearing difficulties or those from a non-English speaking background.

Please contact us for more information.

**Disclaimer:** The advice and information contained herein is provided in good faith as a public service. However the accuracy of any statements made is not guaranteed and it is the responsibility of readers to make their own enquiries as to the accuracy, currency and appropriateness of any information or advice provided. Liability for any act or omission occurring in reliance on this document or for any loss, damage or injury occurring as a consequence of such act or omission is expressly disclaimed.
An introduction to the Department of Psychological Medicine for Women

Our department has expertise in the field of women’s mental health. We assess, treat and help to manage patients of King Edward Memorial Hospital whose medical condition is affecting their emotional health, or whose emotional health is affecting their medical condition. You (or your baby) must be a patient of KEMH or you must have delivered your baby at KEMH to qualify for access to services. Services are available for up to six months after discharge or clinic attendance and for up to one year for parents of babies hospitalized in the Special Care Nursery.

Our staff members include consultant psychiatrists, psychiatry registrars, clinical psychologists, medical officers and mental health nurses. Partners or other people who are important in the lives of our patients are also encouraged to be involved in the treatment process. Most patients are seen as inpatients or outpatients at the Hospital, although a few patients may be seen in their home by a mental health nurse.

These are some of the areas that we specialise in:
- Emotional distress, trauma or anxiety around pregnancy and birth
- Depression
- Anxiety
- Adjustment to parenthood and positive approaches to your baby.
- Drug or alcohol use in pregnancy
- Adjustment to Gynaecological cancer
- Psychological preparation and support for medical procedures.
- Adjustment to medical or genetic diagnoses and what comes after
- Grief and loss
- Management of pain related to gynaecological or obstetric issues
- Adjustment to menopause
- Sexual health problems and their impact on adjustment to parenthood and relationships

We provide mental health services via Hospital clinics such as:
- Adolescent Clinic
- Women and Newborn Drug and Alcohol Service
- Special Care Nursery
- Perinatal Loss Service
- Oncology Clinic
- Pelvic Pain Clinic
- Childbirth and Mental Illness Clinic

Our approach to helping you

Our collaborative approach involves the clinician and the patient working together, along with other health professionals involved in the patient’s care, to treat mental health issues and develop skills and confidence to cope with a wide range of problems. Treatment plans are developed with the patient and can include individual or group therapy, counselling, medication, crisis management, telephone follow-up and referral to community services. Information is treated as confidential and with respect for your circumstances. We are required to keep records of contact and relevant information in patient hospital files and to communicate with other agencies relevant to your care.

Duty system

A duty clinician is available office hours from 8.30am - 4.30pm to discuss outpatient referrals, respond to enquiries and provide a consultation liaison service in the area of women’s mental health to other professionals and community groups.

For after hours emergency help: Health Direct: 1800 022 222
Crisis Care: (08) 9223 1111
Mental Health Emergency Response Line: 1300 555 788

The referral process

Patients of KEMH may be referred to our Department from outpatient clinics or inpatient wards for assessment and treatment of problems that are relevant to their medical care at the Hospital. Outpatients may also be referred through community services such as doctors or child health nurses. KEMH patients can refer themselves directly by ringing the duty clinician.

Following referral, outpatients are invited by letter to ring for an initial assessment appointment. Inpatients are usually seen on the ward within a day or two of our department being notified of the patient’s admission. Patients may also be seen at the clinics attended by our staff members. Following initial assessment patients may be waitlisted for psychotherapy depending on demand for services. Every attempt is made to respond to urgent treatment requirements as soon as possible.

Treatment

After an initial assessment, the clinician and patient will discuss whether presenting problems may be best managed by the Department’s services or whether the patient may be better served by a referral to community services. Patients may choose to be treated closer to home and request a referral to relevant community services.