Treatment

After an initial appointment, the clinician and patient will discuss further recommendations & options for care including relevant community resources and services. Patients may choose to be treated closer to home and request a referral to local community services where this is possible.

Patients should be asked by the referrer for their consent to make a referral to psychological medicine and informed of why they were referred. The assessment process, outcomes and recommendations for treatment options should be 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.

Your mental health information is stored in your medical records and a confidential database.

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 suggestion boxes around the hospital or forms available from reception or in the waiting room, or by asking to speak directly to staff or the Head or Associate Head of Department.

We use this feedback to improve services and for program development and planning. Although participation is encouraged, giving feedback is completely voluntary, can be anonymous and providing feedback will not affect your treatment and care.

Staff participate in training to enhance the cultural awareness and sensitivity of our services. 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.

Department of Psychological Medicine
1st Floor, Agnes Walsh House
King Edward Memorial Hospital
Hours: 9.00am – 4.30pm Monday – Friday
Telephone: (08) 9340 1521
Fax: (08) 9340 1111

This document can be made available in alternative formats on request for a person with a disability.
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 assist patients of King Edward Memorial Hospital whose medical condition is affecting their emotional health, or whose emotional health is affecting their medical condition. You must be a patient of 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 hospitalised in the Special Care Nursery.

Our staff members are qualified, accredited 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 encouraged to be involved in the treatment planning process. Patients are seen as inpatients while in hospital or as outpatients in our clinic in Agnes Walsh House next to the hospital. Our reception staff are available via phone to assist patients coming to the Department.

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
- Adjustment to gynaecological cancer
- Management of medications around pregnancy

- Psychological preparation and support for medical procedures
- Adjustment to medical or genetic diagnoses
- Grief and loss
- Psychological 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 approach involves the clinician and the patient working together, along with carers and other health professionals involved in the patient’s care, to treat mental health issues and help patients 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, telephone follow-up and referral to community services. Patient information is treated as confidential. We are required to keep records of patient contact on a data base and relevant information in patient hospital files, to communicate with other agencies relevant to your care and to work towards maintaining patient safety.

Duty system

A duty clinician is available Monday to Friday 9.00am - 4.30pm to discuss patient referrals, your mental health needs and treatment options. We are not a 24 hour crisis service.

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 who have mental health concerns can call the duty clinician to discuss a self referral.

Following referral, you may be contacted by our triage nurse or invited by letter to contact our service to arrange an initial appointment. Inpatients are usually seen on the ward within a day or two of our department being notified of their admission. Patients may also be seen at the clinics attended by our staff members. Every attempt is made to respond to urgent patient requirements as soon as possible. All referrals are reviewed by our team to ensure best practice principals are followed. Some mental health needs may fall outside our mandate for service and we will try in these cases to provide referral information and links in the community.