

# 2019

## Statewide Perinatal & Infant Mental Health Program (SPIMHP)



SPIMHP provides training to improve the health and wellbeing of families in WA Health.

### The Uses and Misuses of the Edinburgh Postnatal Depression Scale

This training is designed to assist health professionals and others in using the Edinburgh Postnatal Depression Scale (EPDS).

**Recommended** for health professionals working with families during the antenatal and postnatal period.

**Duration** 4 hours

Dates: Wednesday 30<sup>th</sup> January,  
Thursday 6<sup>th</sup> June, Friday 9<sup>th</sup> August, Friday 25<sup>th</sup>  
October  
Location: KEMH, Subiaco WA,  
TBC by email  
Time: 9:00am – 13:30pm

### Perinatal Anxiety Disorders

This module provides participants with an introduction to anxiety in the perinatal period. Prevalence and types of anxiety disorders will be explored, along with engagement, screening and treatment options.

**Recommended** for health professionals working with families in the perinatal period including general practitioners, child health nurses and midwives.

**Duration** Full day

Dates:  
Tuesday 12<sup>th</sup> March, Thursday 16<sup>th</sup> May, Friday  
13<sup>th</sup> September  
Location: KEMH, Subiaco WA  
TBC by email  
Time: 9:00am – 16.00pm

### The Antenatal Risk Questionnaire

This **new** training module is designed to introduce the Antenatal Risk Questionnaire (ANRQ) - a validated screening tool. The ANRQ is the recommended screening tool for psychosocial risk factors.

**Duration** 4 hours

Dates:,  
Thursday 7<sup>th</sup> February, Wednesday 10<sup>th</sup> April,  
Friday 19<sup>th</sup> July, Tuesday 12<sup>th</sup> November  
Location: KEMH, Subiaco WA,  
TBC by email  
Time: 9:00am – 13:30pm

**Charges may apply outside of  
NMHS**

Presenters can provide training on a range of perinatal mental health disorders on request. Talks can be tailored to meet the needs of your organisation or group and can be delivered in the workplace.

Training using videoconferencing available for rural and remote regions depending on the venue.

Please complete the registration form and send to [lea.davidson@health.wa.gov.au](mailto:lea.davidson@health.wa.gov.au)

Alternatively, visit our [website](#)

Participants will receive a confirmation email once their form has been submitted.

All training modules available to both Government and Non-Government health staff.