

Edinburgh Postnatal Depression Scale (EPDS) referral pathway - Western Australia

Produced by Statewide Perinatal and Infant Mental Health Program. Reviewed February 2020.

www.kemh.health.wa.gov.au/spimhp/tool-box



Government of **Western Australia**
North Metropolitan Health Service
Women and Newborn Health Service

This document provides possible referral options for postnatal women in relation to their EPDS score. Please update the contact details and notes section with services and resources from your local area. Also consider screening opportunistically and during treatment. Partners can also be screened.

Depression risk:

Cut-off for women is 13 or more out of 30.

Cut-off for men is 6 or more out of 30.

Anxiety risk:

The anxiety subscale is questions 3, 4 and 5.

Cut-off for women is 6 out of 9.

Cut-off for men is 4 out of 9.

Score	Actions	Possible referrals	Contact details	Notes
Score = 0 - 9 (Low risk)	<ul style="list-style-type: none"> Check for clinical symptoms not reflected in score. Check literacy and understanding. Score of 0 is unusual. May require further exploration in case symptoms masked. Offer information about emotional wellbeing, services, and resources. Suggest that she returns if things change. 	<ul style="list-style-type: none"> Better Beginnings Australian Breastfeeding Association Day care Playgroup (including CALD-specific) Toy library Gym with creche Pram walking group Resources, websites Early parenting groups, drop-in sessions at Child Health Centres 	<p>www.better-beginnings.com.au, 9427 3130</p> <p>1800 686 268</p> <p>www.kemh.health.wa.gov.au/SPIMHP/tool-box</p> <p>https://ww2.health.wa.gov.au/</p>	<p>Family literacy program coordinated through public libraries</p> <p>Counsellors take calls in their own home - be mindful of time</p> <p>Local area</p> <p>Local area</p> <p>Local area</p> <p>Local area</p>
Score = 10 - 12 (Moderate risk)	<ul style="list-style-type: none"> Discuss and explore any high scoring items. Offer ongoing appointments to support and monitor. 	<ul style="list-style-type: none"> Liaise with Child Health Nurse Liaise with GP with permission Positive Parenting Program (Triple P) PANDA Communicare Ngala - Parenting Line 0 -18 years Wanslea Red Cross Family Support Program Mother and Baby Unit (KEMH) information line Mother and Baby Unit (FSH) information line Women and Newborn Health Library Financial and welfare services MOPS 	<p>www.triplep-parenting.net.au</p> <p>1300 726 306</p> <p>www.communicare.org.au for locations and contact details</p> <p>9368 9368, rural free call 1800 111 546</p> <p>9245 2441</p> <p>92251946 (metro), 9726 6709 (Bunbury)</p> <p>6458 1799</p> <p>6152 2222</p> <p>6458 1499 (health professionals)</p> <p>Local Information and Resources Guide by Communicare</p> <p>www.mops.org.au</p>	<p>Local area</p> <p>Local area</p> <p>Information on parenting strategies</p> <p>Volunteer support website has callback option</p> <p>Parenting support services</p> <p>8am-8pm, 7 days parenting support and education</p> <p>Child day care, family day care, in-home care</p> <p>Volunteer in home support, call first for eligibility criteria</p> <p>24/7, not crisis driven</p> <p>24/7, not crisis driven</p> <p>9am-12pm, 1-3pm Mon-Fri at KEMH Subiaco</p> <p>9497 8521 for a copy</p> <p>Mothers group, childcare, socializing, craft Information</p>
Score = 13 - 30 without identified risk to mother and/or baby (High risk)	<ul style="list-style-type: none"> Is there a need for crisis intervention? Set up emergency supports as needed. 	<ul style="list-style-type: none"> Liaise with partner and family Liaise with GP Mother and Baby Unit (KEMH) information line Mother and Baby Unit (FSH) information line Health service where woman delivered Local Women's Health Centre Private psychologist, psychiatrist, or hospital Raphael Centre (St John of God) Department of Communities Social worker ISHAR Multicultural Women's Health Service Helping Minds Relationships Australia Kinway / Anglicare Anglicare counselling 1300 144 446 Centrecare counselling 	<p>6458 1799</p> <p>6152 2222</p> <p>www.kemh.health.wa.gov.au/SPIMHP/tool-box</p> <p>1800 292 292</p> <p>9222 2555</p> <p>9345 5335</p> <p>9427 7100, rural free call 1800 811 747</p> <p>1300 364 277</p> <p>1300 11 44 46</p> <p>www.anglicarewa.org.au</p> <p>9325 6644</p>	<p>With woman's consent</p> <p>Local area</p> <p>24/7, not crisis driven</p> <p>24/7, not crisis driven</p> <p>Local area</p> <p>May require mental health plan from GP</p> <p>9am-4pm Mon-Fri Support and information re: PND</p> <p>Local area</p> <p>www.ishar.org.au</p> <p>www.relationshipswa.org.au</p> <p>www.anglicarewa.org.au</p> <p>www.centrecare.com.au</p>
Score = 13 - 30 with an identified risk to mother and/or baby (High risk)	<ul style="list-style-type: none"> Refer for urgent assessment. Aim to keep mother and baby safe. Express your concerns. Document all actions. Arrange debrief or supervision for self. 	<ul style="list-style-type: none"> Liaise with partner and family Ring GP Ring St John Ambulance Service Nearest emergency department Mental health Emergency Response Line Rural Link (mental health phone line) Department of Communities Local mental health service 	<p>000</p> <p>1300 555 788, rural free call 1800 676 822</p> <p>1800 552 002</p> <p>9222 2555, rural free call 1800 622 258</p> <p>www.mhc.wa.gov.au</p>	<p>With woman's consent.</p> <p>Local area</p> <p>Local hospital</p> <p>24/7 Connects to local mental health service in office hours</p> <p>24/7 Connects to local mental health service in office hours</p> <p>www.communities.wa.gov.au</p>

