



Pre-Conception Consultation Perinatal Mental Health Services

Planning to add to your family can be both exciting and challenging. If you have a severe mental illness (SMI), the Perinatal Mental Health Service at King Edward Memorial Hospital (KEMH) may be able to support you and your family on your journey through parenthood.

What is the Perinatal Mental Health Service?

The Perinatal Mental Health Service is primarily provided for women with SMI such as schizophrenia, bipolar affective disorder, or a past history of psychosis around pregnancy and childbirth. Women with other mental health issues such as eating disorder or obsessive compulsive disorder or co-morbid severe personality disorder may also be eligible for this service.

Why pre-conception consultation?

Pregnancy and birth can be a period of high risk for women with SMI. Pre-conception consultation is an opportunity for you and your partner/support person to discuss:

- the risks and benefits of various treatment options both for you and your baby
- potential strategies to maintain and build your mental health and wellbeing and reduce the risks during this period.

Where is the Perinatal Mental Health Service located?

The Perinatal Mental Health Service pre-conception consultation is based at KEMH, in Subiaco, as part of the Department of Psychological Medicine. Perinatal Telepsychiatry is also available for rural and remote families.



What can I expect at my pre-conception appointment?

At your pre-conception appointment you will meet with one of our psychiatrists who specialises in women's mental health, especially through pregnancy and childbirth.

You will discuss your:

- plans for adding to your family and the timing for this
- obstetric history including any complications you may have had
- mental health history, especially as it relates to childbirth and pregnancy
- current medications and how these may affect you and your baby during pregnancy and childbirth
- current supports and how they will be involved.

You are encouraged to bring your partner or support person with you to your appointments.

What happens next?

The perinatal psychiatrist will discuss with you medications and other treatment options and ways of improving your resilience during your pregnancy and after childbirth. They will provide written feedback to you, your GP, and your mental health team.

What if I live in a rural or remote area?

The Perinatal Mental Health Service at KEMH has a Telehealth service available. This means you and your local health care professionals can work together with the Perinatal Mental Health Team at pre-conception.

How do I organise a referral?

You will need a referral from your GP, mental health service, or private psychiatrist. This should be mailed, emailed or faxed to the triage officer at the Department of Psychological Medicine.

It is helpful if you and your doctor can provide information regarding previous admissions, medications tried and any side effects, and what has been effective in the past.

The Perinatal Mental Health Team considers all referrals received. If your referral meets the criteria you will be offered an appointment.

If the Perinatal Mental Health Service is not right for you, you and your health professional will be contacted, and other care options suggested. This may include referral to another specialist clinic at KEMH.

Phone: 6458 1521

Fax: 6458 1111

Email: PsychologicalMedicineTriage.WNHSWHCCU@health.wa.gov.au

Address: King Edward Memorial Hospital, 374 Bagot Rd, Subiaco, WA 6008

This document can be made available in alternative formats on request for a person with a disability.

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