

Pathways to Care

A Guide to the Management of Depression and Anxiety

Screening with the EPDS and Psychosocial Assessment (ANRQ)

- As early as practical in pregnancy and repeat screening later in pregnancy
- Always follow-up Q10 on the EPDS
- At 6–12 weeks after birth and repeat screening at least once in the postnatal year

Safety Concerns

Acute Mental Health Services

Crisis Assessment and Treatment Teams (CATT)

Child Protection

Usual Care

Provide to all woman

EPDS score = 10–12

(Monitor and Repeat EPDS 2-4 weeks)

EPDS score = 13–14

EPDS score = 15 and above

- Provide health promotion information
- Psycho-education
- Sign-up to Ready to COPE
- Help lines
- Web-based resources to seek help and information
- Discuss any support the woman may require.

Management Options:

As Usual Care *plus*

- General practice
- Maternal, child & family nurse
- Consumer-led self help and support groups
- Involve carers/mobilise social supports
- NGO and community parenting services
- Psychology/Counselling services
- Self-directed web-based resources
- Parenting services

Management Options:

As previous box *plus*

- Enhanced midwifery/MCHN
- Psychology
- Social work services*
- Psychiatry services*
- Individual and group PND specialised programs

(*MCH and/or private sector)

Management Options:

As previous box *plus*

- Mental Health Shared Care
- Adult mental health/Psychology services
- Specialist perinatal mental health services
- Psychiatry services

History of Mental Health Issues other than Depression and/or Anxiety

If the woman has a history of severe mental health illness (e.g., bipolar disorder, schizophrenia) she may already have contact with the local community mental health team and/or private psychiatrist and may have a perinatal management plan in place. If the woman is not in contact with any of these services, a referral should be made for further assessment and close monitoring.

Services for Other Psychosocial and Concurrent Problems

- Drug and alcohol specialist worker/service
- Family violence intervention teams
- Family and housing services
- Legal and Financial services
- Targeted parenting support units/programs
- Culturally specific support/refugee/migrant support services

Adapted and updated from *Beyondbabyblues* online training program to reflect the 2017 Guideline

This resource is developed by COPE: Centre of Perinatal Excellence and is derived from *Effective Mental Health Care in the Perinatal Period: Australian Clinical Practice Guideline*. 2017. Centre of Perinatal Excellence.

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