

PERINATAL MENTAL HEALTH RESOURCES, WESTERN AUSTRALIA

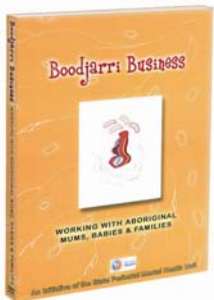
Resources for health professionals

The following resources for health professionals are free within WA. See back page for ordering information.



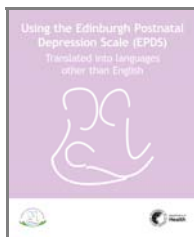
- **The Edinburgh Postnatal Depression Scale (EPDS)**
(in English, A4 sheet)

The EPDS is used as a screening tool to detect possible depression in the antenatal and postnatal periods. It is not a diagnostic tool.



- **Boodjarri Business: Working with Aboriginal mums, babies and families (DVD).**

The DVD aims to assist health professionals that are working with Indigenous families affected by depression or anxiety during the perinatal period.



- **Using the Edinburgh Postnatal Depression Scale (EPDS): Translated into languages other than English** (available on CD)

36 translated versions of the EPDS have been developed for use with non-English speaking women. 18 of the versions have been validated. All 36 versions are available as pdf files on CD. (Please note- the hardcopy folder is no longer available).



- **Edinburgh Postnatal Depression Scale (EPDS) wheel**

A 'reminder' resource to assist health professionals with postnatal cut-off scores, quick reference actions to take and helpful things to remember about using the EPDS.



- **Care for your baby by caring for yourself poster (A2 or A3)**

A full-colour poster featuring a mother, father and baby. Designed to be displayed in clinics and waiting rooms to remind parents that their emotional wellbeing is important for their baby's health development.

- **WAPMHU Health Professionals' website**

www.wnhs.health.wa.gov.au/wapmhu.php

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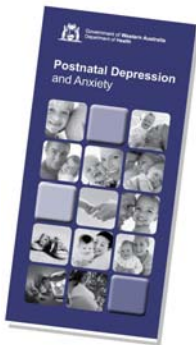
Resources for consumers

The following resources for consumers are *free within WA*. See back page for ordering information.



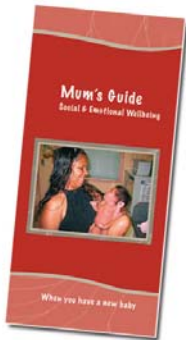
- **Finding help before and after baby arrives** (booklet)
(formerly called “Where to Find Help”)

A pocket-sized list of useful services. Includes resources for Indigenous people, fathers and Culturally and Linguistically Diverse communities.



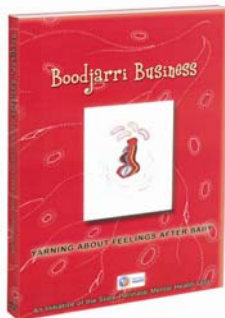
- **Postnatal depression and anxiety** (pamphlet)

This pamphlet discusses common postnatal mental health issues, treatment options and self-help strategies.



- **Mum's guide: Social and emotional wellbeing**
(pamphlet)
- **Dad's guide: Social and emotional wellbeing**
(pamphlet)

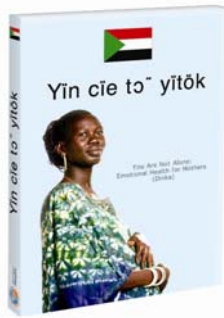
These two pamphlets have been designed for Indigenous mothers and fathers who might be experiencing perinatal mental health issues.



- **Boodjarri Business: Yarning about feelings after baby** (DVD).

The DVD was created to help Aboriginal mothers and families understand emotional problems around pregnancy such as depression. The DVD also describes factors that could contribute to problems and offers ways to find help.

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- **You are not alone: Emotional health for mothers** (DVD).

The DVD is available in three versions – Iraqi (Arabic), Ethiopian (Amharic) and Sudanese (Dinka). They provide an overview of the experience of perinatal depression from the perspective of women from each of the communities and includes information on symptoms, risk factors, treatment and accessing pathways to care.

The DVDs aim to:

- raise awareness of perinatal mental health issues among CALD women and their families
- provide opportunity for discussion with mothers and families

- **Emotional health for parents during pregnancy and beyond** (website)

www.wnhs.health.wa.gov.au/emotionalhealth.php

Resources from other organisations

- Beyondblue: the national perinatal depression initiative www.beyondblue.org.au
- COPMI: Children of parents with mental illness www.copmi.net.au
- From the Heart WA www.fromtheheartwa.org.au
- Department for Communities - Parenting WA www.communities.wa.gov.au

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Resource Ordering Information

Catalogue number	Resource name	Resource type	Target audience	To order, contact:
OA 003962	Boodjarri Business: Yarning about feelings after baby	DVD	WA Aboriginal communities	email: wapmhu@health.wa.gov.au phone: (08) 9340 1795
OA 003963	Boodjarri Business: Working with Aboriginal mums, babies and families	DVD	Health professionals only	email: wapmhu@health.wa.gov.au phone: (08) 9340 1795
OA 003964	You are not alone: Emotional health for mothers	DVD (in Amharic)	Ethiopian communities	email: wapmhu@health.wa.gov.au phone: (08) 9340 1795
OA 003965	You are not alone: Emotional health for mothers	DVD (in Arabic)	Iraqi communities	email: wapmhu@health.wa.gov.au phone: (08) 9340 1795
OA 003966	You are not alone: Emotional health for mothers	DVD (in Dinka)	Sudanese communities	email: wapmhu@health.wa.gov.au phone: (08) 9340 1795
OA 003968	Using the EPDS: translated into languages other than English	Resource file	Health professionals only	email: wapmhu@health.wa.gov.au phone: (08) 9340 1795
HP 010125	Edinburgh Postnatal Depression Scale (EPDS)	A4 2-sided sheet	Health professionals only	email: wapmhu@health.wa.gov.au phone: (08) 9340 1795
HP 011329	EPDS Wheel	Pin wheel	Health professionals only	email: wapmhu@health.wa.gov.au phone: (08) 9340 1795
HP 011676	Care for your baby by caring for yourself poster (A2 or A3)	Poster	Health professionals only	email: wapmhu@health.wa.gov.au phone: (08) 9340 1795
HP 11881	Finding help before and after baby arrives (formerly 'Where to find help')	Pocket / wallet booklet	All WA consumers	Website: www.health.wa.gov.au/ordering
HP10457	Mum's guide	DL brochure	WA Aboriginal communities	email: wapmhu@health.wa.gov.au phone: (08) 9340 1795
HP10456	Dad's guide	DL brochure	WA Aboriginal communities	email: wapmhu@health.wa.gov.au phone: (08) 9340 1795
HP 003073	Postnatal depression & anxiety	DL brochure	All WA consumers	Website: www.health.wa.gov.au/ordering

Please Note: if ordering a resource through the WA Health Ordering website and the resource appears to be out of stock, please contact WAPMHU as we may have copies.