



# Antenatal Clinic

## Childbirth and Mental Illness (CAMI)

Pregnancy and motherhood can be a time of great joy but also challenges. If you have a severe mental illness (SMI), the CAMI Service at King Edward Memorial Hospital (KEMH) may be able to support you and your family on your journey to parenthood.

### What is the CAMI Service?

The CAMI Service is 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 may also be eligible for this service.

We are a team of health professionals passionate about providing women and their families with specialised mental health care during the pre-pregnancy, pregnancy, birth and postnatal period. It is a way to care for your pregnancy and your mental health at the same time.

The team includes psychiatrists, a GP obstetrician, midwives, social workers and a pharmacist.

### What can I expect at my CAMI Antenatal clinic visits?

At CAMI our aim is for you to see the same group of health professionals at each visit, allowing your family personalised care from pre-conception through to your baby's first birthday.



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

### How can CAMI help?

The CAMI Antenatal Clinic is based at KEMH in Subiaco. You can access assistance in:

- personalised pregnancy and early postnatal care
- preparing for the birth of your child
- mental health monitoring and liaison with your mental health care providers
- medication information and advice
- social work review and support
- referral to ongoing support following the birth of your child.

## Mother and Baby Unit (MBU)

If you need a mental health admission during your pregnancy, or after the baby is born, KEMH has a Mother and Baby Unit on site. You can be referred to MBU by the CAMI Antenatal Team, and your baby can room-in with you.

## Support in the community

Throughout your pregnancy journey, the CAMI Team can link with your GP, community mental health team, or private psychiatrist to ensure you have ongoing care. You can also be introduced to community agencies that can further support you and your family.

## What happens next?

The CAMI team considers all referrals received. If your referral meets the criteria you will be offered an appointment. If the CAMI 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.

## What if I live in a rural or remote area?

The CAMI Service at KEMH has a video conferencing service available. This means you and your local health care professionals can work together with the CAMI Team throughout your pregnancy.

## How do I organise a referral?

Your GP can complete the standard KEMH [Antenatal Referral Form](#), complete page 5 – Specialist Antenatal Clinic, tick 'Childbirth and Mental Illness Team' and fax it to 6458 1031.

KEMH – 374 Bagot Road, Subiaco, WA 6008

Phone – 6458 1521 (CAMI) 6458 1799 (MBU)



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Web: [www.wnhs.health.wa.gov.au](http://www.wnhs.health.wa.gov.au)

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