

Becoming a mother is a significant life changing event. Adjusting to this life-changing event, as well as coping with everyday stressors can be difficult. For some women this can make them more susceptible to depression, particularly if there is already a history.

In Western Australia 10% of pregnant women will develop antenatal depression (during the pregnancy) and 16% will experience post-natal depression (after birth). The combination of both is more commonly known as perinatal depression.

Symptoms associated with perinatal depression include:

- ◆ Anxiousness.
- ◆ Loss of interest.
- ◆ Lack of enjoyment.
- ◆ Withdrawal from everyday activities.
- ◆ Increased irritability and frustration.
- ◆ Loss of sleep or significantly increased sleep habits.
- ◆ Being scared or panicky for no reason.
- ◆ Moodiness which is out of character.

If this condition is left untreated, perinatal depression can affect all aspects of an individual's life including their relationships with their family, partner and child.



**For Further Information  
Please Contact:**

**MindCare Coordinator  
Perth Primary Care Network  
48A James Street  
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GUILDFORD WA 6935**

Phone: (08) 9376 9200

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Our office is open from  
8.30am to 4.30pm weekdays



# MindCare for Women with Perinatal Depression



## Background

MindCare is a mental health program provided by Perth Primary Care Network and funded by the Commonwealth Government. MindCare provides short-term, affordable counselling to people who may be feeling anxious, stressed and/or depressed. You will be offered a choice of where you can attend your counselling sessions.

Counselling locations include General Practice surgeries, the counsellor's private rooms, or at Perth Primary Care rooms in Guildford.

To be eligible for the MindCare counselling program, you will first need to make an appointment with your GP and discuss a care plan or talk to your Child Health Nurse.

Depending on the availability of Perth Primary Care Network counsellors, there may be a need to place you on a short wait-list but an appointment will be made for you as soon as possible.

## How It Works

If you are eligible for the program, your GP or Child Health Nurse will give you a referral to one of our counsellors for up to six counselling appointments. At the end of these six sessions it is recommended you return to your GP to discuss the possibility of a further six sessions. The counsellor which has been recommended /allocated to you will contact you directly regarding your first appointment.

PLEASE NOTE: If a counsellor is not recommended to you, one will be allocated to you via the MindCare Portfolio Coordinator.

## Therapeutic Approaches

During the course of your sessions, the counsellor will provide a range of therapeutic approaches to provide you with information and practical skills and support.

### *Psycho-education*

Provides you with information to help you make sense of your situation, how you are feeling and coping. Your counsellor is happy to answer any of your questions.

### *Cognitive-behavioural therapy (CBT)*

CBT is a way of thinking that helps you control how you feel and behave. When you are thinking, feeling and behaving in ways that distress you, you can use CBT to change that experience. So, CBT helps provide you with the knowledge and skills to tackle your own problems now and in the future.

### *Skills training*

This training provides you with skills that are helpful when dealing with a difficult experience or situation. Examples of skills training include:

- ◆ Problem-solving,
- ◆ Dealing with upsetting emotions (including anger management), and
- ◆ Effective communication.

### *Interpersonal therapy*

This approach helps you to identify and resolve current relationship difficulties by teaching you how to meet your needs and also to feel more supported and closer to others.

## Cost

The fees for each session are as follows:

\$25	Standard Fee
\$15	Health Care Card / Centrelink income
\$5	Unwaged

In extreme financial circumstances the fee may be waived all together, you will need to talk to your GP about your situation.

## Missing Appointments

It is important to give your counsellor at least 24 hrs notice if you are unable to make an appointment. If you do not, the missed session will count as one of your six sessions.

**Missing more than 3 sessions could result in you being taken off the program**