



Helpful contacts

Local

Greater Shepparton Maternal Child Health Service:	5832 9312
Moira Shire Maternal Child Health Service:	5872 1096
Lactation Clinic:	5831 1370
Family Care:	5823 7000
Primary Care Connect:	5823 3200
GV Pregnancy Support:	5821 0826
Rumbalara Family Services:	5831 2010
The Bridge Youth Services:	5831 2390
headspace:	5823 8800
Mitchell Shire Maternal Child Health Service:	5734 6200
Murrindindi Shire Maternal Child Health Service:	5772 0333
Strathbogie Shire Maternal Child Health Service:	1800 065 993
Family Care Seymour:	5735 4600

National

Pregnancy, Birth & Baby Helpline:	1800 882 436
PaNDA Helpline:	1300 726 306
24hr Maternal & Child Health Line:	13 22 29
ABA Breastfeeding Helpline:	1800 686 268
Parentline:	1300 301 300
Beyond Blue:	1300 224 636

Perinatal Emotional Health Program

Servicing the Shires of Greater Shepparton, Moira, Mitchell, Murrindindi and Strathbogie.

The Perinatal Emotional Health Program is not a crisis service. All crisis calls go through GVAMHS triage, available 24 hours: PH: 1300 369 005

For all referrals phone GVAMHS Triage: Ph: 1300 369 005



GV Health acknowledges the Traditional Custodians of the land on which we gather. We pay our respects to their Elders, past, present and emerging and celebrate the continuing culture of Aboriginal and Torres Strait Islander peoples. GV Health is committed to embracing diversity and welcomes all people.

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Perinatal Emotional Health Program (PEHP)

A specialist early intervention service supporting families experiencing emotional health problems during pregnancy and early parenthood.



Pregnancy and early parenthood is an exciting time for most people, but for some it can be quite stressful. It can be difficult to know whether you are just feeling a little down or stressed, or whether there is something more serious going on.

Some distressing feelings may include:

- feeling sad or experiencing a lowered mood
- increased anxiety and panic
- feeling teary or crying uncontrollably
- tiredness, loneliness, feeling overwhelmed, no motivation
- having problems eating & sleeping
- poor concentration & memory
- difficulty with household tasks
- experiencing a sense of loss of control
- fear of harming your baby
- having difficulty adjusting
- difficulties with sleep, settling, feeding or bonding with baby

At times, most mothers experience some of these feelings and it is quite normal. However, if the feelings persist and affect your ability to cope it is important to seek help early.

Goulburn Valley Area Mental Health Triage is the central intake point for all Mental Health Services, including PEHP. Triage will recommend the most appropriate supports and services upon intake and discuss with the individual.

What help is available?

- Follow up and support for women experiencing emotional health problems during pregnancy and early parenthood.
- Psychological intervention to help manage symptoms of anxiety and depression.
- Coordination of referrals to appropriate support services if required.
- Education of families and other healthcare workers regarding emotional health problems during and following pregnancy.
- Liaison with other health care providers to ensure a seamless transition between pre and post natal care.
- Flexible home based outreach or clinic based appointments provided free of charge.
- Arrange for an appointment with specialists if necessary.
- Participate in groups as appropriate

How can I access the service?

To see someone from the PEHP team talk to your antenatal clinic midwife, the maternity ward midwives, your maternal and child health nurse or your general practitioner.

If you require urgent support or assistance please contact the Goulburn Valley Area Mental Health Triage Service on 1300 369 005 (24 hours).

