

An interdisciplinary approach to perinatal anxiety and depression

Please note the resources displayed in this document were accurate at the time of publication

MHPN Resources

MHPN Networks: MHPN supports networks where practitioners share an interest in perinatal mental health.
[See what's available in your area](#)

MHPN Webinar Library: [Watch our previous webinars](#)

MHPN Podcast: [Listen to our range of podcasts](#)

Centre of Perinatal Excellence (COPE) Resources

COPE website - resources for patients/ clients and their families

www.cope.org.au

Health Professional Register

<https://cope.org.au/hpsignup>

Mum Drum episode

<https://www.cope.org.au/new-parents/postnatal-mental-health-conditions/postnatal-depression/>

Additional Mum Drum episodes

<https://www.cope.org.au/mumdrum/episodes/>

National Perinatal Mental Health Guideline

https://www.cope.org.au/wp-content/uploads/2018/05/COPE-Perinatal-MH-Guideline_Final-2018.pdf

COPE Health Professionals Hub - Access Guidelines, screening tools, online training programs and resources for health professionals and consumers

<https://www.cope.org.au/health-professionals/>

The Ready to COPE Guide - Information for Healthcare & Service Providers - COPE

<https://www.cope.org.au/readytocope/ready-to-cope-information-for-healthcare-providers/>

The Ready to COPE Guide - Information and signup for expectant mothers

<https://readytocope.org.au>

An interdisciplinary approach to perinatal anxiety and depression (cont.)

iCOPE Digital screening - Digital screening to assess patient risk and likelihood of perinatal depression and anxiety

<https://www.cope.org.au/health-professionals/icope-digital-screening/>

Consumer (Guidelines) factsheets on perinatal mental health conditions

Antenatal factsheet series:

<https://www.cope.org.au/expecting-a-baby/mental-health-conditions-pregnancy/antenatal-mental-health-factsheets-resources/>

Postnatal factsheet series:

<https://www.cope.org.au/new-parents/postnatal-mental-health-conditions/postnatal-mental-health-factsheets-resources/>

e-COPE Directory - National online register of health professionals and community support organisations specialising in perinatal mental health. Register on directory:

[Pre-Registration | e-COPE Directory Registration and Profile Update - COPE](#)

Find a referral service or practitioner:

[e-COPE Directory Search - COPE](#)

Journals

Harville, E. W., Xiong, X., & Buekens, P. (2010). Disasters and perinatal health: A systematic review. *Obstetrical & Gynecological Survey*, 65(11), 713–728. <https://doi.org/10.1097/OGX.0b013e31820eddb>

[Disasters and perinatal health: a systematic review - PubMed \(nih.gov\)](#)

Barbara A Hayes (2010) From 'postnatal depression' to 'perinatal anxiety and depression': Key points of the National Perinatal Depression Plan for nurses and midwives in Australian primary health care settings, *Contemporary Nurse*, 35:1, 58-67, DOI: 10.5172/conu.2010.35.1.058

<https://doi.org/10.5172/conu.2010.35.1.058>

Guidelines

Australian Family Physician: Perinatal mental health Identifying problems and managing medications

<https://www.racgp.org.au/afp/2014/april/perinatal-mental-health>

Royal Australian and New Zealand College of Obstetricians and Gynaecologists : Perinatal Anxiety and Depression

An interdisciplinary approach to perinatal anxiety and depression (cont.)

[https://ranzcof.edu.au/RANZCOG_SITE/media/RANZCOG-MEDIA/Women's%20Health/Statement%20and%20guidelines/Clinical-Obstetrics/Perinatal-Anxiety-and-Depression-\(C-Obs-48\)-Review-March-2015.pdf?ext=.pdf](https://ranzcof.edu.au/RANZCOG_SITE/media/RANZCOG-MEDIA/Women's%20Health/Statement%20and%20guidelines/Clinical-Obstetrics/Perinatal-Anxiety-and-Depression-(C-Obs-48)-Review-March-2015.pdf?ext=.pdf)

Support Services

Royal Children's Hospital

(03) 9345 5522

Royal Women's Hospital - Free advice provided on medication use

(03) 83452000

Red Nose Australia

1300 998 698 and www.rednose.org.au

Maternal and Child Health Line (Victorian service)

13 22 29

Nurse On Call (Victorian service)

1300 606 024

Breast-Feeding Association

1800 686 268

Beyond Blue

1300 224 636

Perinatal Anxiety and Depression Australia (PANDA)

1300 726 306 and www.panda.org.au

Toys and Nursery Safety Line

1300 364 894

Family Violence: Safe Steps (Victorian service)

1800 015 188

An interdisciplinary approach to perinatal anxiety and depression (cont.)