

Who can use this service?

This support service is **free of charge*** to anyone who has concerns about coping with their own or their baby's emotional or mental wellbeing, and are **referred by a GP under the ATAPS Referral Guidelines**.

CANCELLATION POLICY: Please give a minimum of 24 hours notice if you cannot keep your appointment.

Where are these services available?

Your GP will refer you to the nearest Health Provider offering this service in your region (as at September 2010)...

For appointments

Castlemaine District Community Health (CHIRP)

13 Mostyn Street, Castlemaine
Tel: (03) 5479 1000 Fax: (03) 5472 3221

Cobaw Community Health Service

47 High Street, Kyneton
Tel: (03) 5421 1666 Fax: (03) 5428 0399

David Younger Psychologist (Reach Counselling)
Gisborne, Whittlesea and Wallan Outreach
Mob: 0401 490 433 Tel: (03) 9718 1989 Fax: (03) 9718 0089

Hepburn Health Services

13 Hospital St, Daylesford
Tel: (03) 5321 6550 Fax: (03) 5348 1785

Macedon Ranges Health Services

5 Neal Street, Gisborne
Tel: (03) 5428 0300

Mitchell Community Health Services Service Access and Care Co-ordination (SACC Team)

72 Ferguson Street, Broadford
Tel: 1300 773 352 Tel: (03) 5784 5555 Fax: (03) 5784 5525

Sunbury Community Health Centre

12-28 Macedon Street, Sunbury
Tel: (03) 9744 4455 Fax: (03) 9744 6777

Western Psychological Services:

Melton South

2 Exford Road, Melton South
Tel: (03) 9746 8088 Fax: (03) 9746 8188

Wallan (Outreach)

Wallan MultiPurpose Center
42 - 80 Bentinck Street, Wallan
Tel: (03) 9746 8088

Other helpful services...

24 hour maternal and child health advice...

> **Maternal & Child Health Line:** 13 22 29

24 hour general emergency health advice...

> **Nurse on Call:** 1300 60 60 24

Domestic violence counselling and referral...

> **Confidential Line:** 1800 156 789

Drug and alcohol related issues... > **Direct Line:** 1800 888 789

Support for family members of people
who misuse alcohol and other drugs...

> **Family Drug and Alcohol Help:** 1300 660 068

Counselling for loss and grief... > **Griefline:** (03) 9596 7799
(12pm-3pm, 7 days a week)

Counselling for children and young people up to the age of 25...
> **Kids Help Line:** 1800 551 800

General telephone counselling... > **Lifeline:** 131 114

Counselling for men with family and relationship concerns...
> **Mensline Australia:** 1300 78 99 78

Problem gambling... > **Gamblers Help Line:** 1800 858 858

24 hour state-wide crisis counselling, support and information...
> **SuicideLine (Victoria):** 1300 651 251

State-wide mental health information, advice and referral...
> **Mental Health Advice Line:** 1300 280 737

Nationwide crisis counselling...
> **Suicide Call Back Service:** 1300 659 467

In an emergency or life threatening situation, you should still call 000.

All Calls are at the cost of a local call from anywhere in Victoria.
(Calls from mobile phones may be charged at a higher rate.)

ACCESS TO ALLIED PSYCHOLOGICAL SERVICES (ATAPS)

Funded by the Australian Government's
Department of Health and Ageing

...A PROGRAM MANAGED BY:

Central Highlands
GENERAL PRACTICE NETWORK

For more information about the ATAPS program contact:
Christine Borg, GP Consultant - Community Health Care
Tel: (03) 5428 4848 Fax: (03) 5428 4842
www.chgpn.com.au

Need help with your pregnancy or newborn?

Talking about it WILL help.



ACCESS TO ALLIED PSYCHOLOGICAL SERVICES (ATAPS)

A FREE support service for new mums & mums-to-be.

Central Highlands
GENERAL PRACTICE NETWORK



It's better to be safe than sorry.

It can be difficult to decide if you need help or not, especially with the changes you are experiencing in pregnancy.

But if you have any concerns you owe it to yourself, family and especially your baby to seek professional support and advice, so you can:

- talk about your concerns in a safe and supportive situation.
- discuss different ways to handle particular problems or issues.
- better understand your pregnancy and motherhood experience.
- recognise the positive things you have been doing to help yourself and your baby.

What is Perinatal Depression?

Perinatal Depression is a common condition that effects as many as 30% of pregnant women and new mothers with babies in the first few months of infancy.

What are the effects?

The effects on your wellbeing can range from mild and manageable, to those seriously impacting on your mental wellbeing, that of your family, and ultimately your new born.

Sometimes these effects are obvious - at other times they may be confused with emotional, hormonal and physical changes you may be experiencing as an expecting mum.

The important thing to do is talk to a health professional if you are concerned - if you are suffering from Perinatal Depression it is a condition that can easily worsen, and may not disappear after the birth of your new born.

How do I recognise the symptoms?

Depression can be hard to recognise during pregnancy. But you should be concerned if any of the following symptoms have persisted for more than two weeks:

- anxiety (about your baby or mothering ability)
- tearfulness
- inability to cope with day-to-day chores
- changes in appetite
- unusual insomnia or other sleeping difficulties
- feelings of helplessness or being unable to carry on
- other persistent mental or emotional issues

If you have a previous history of depression you may be more at risk.

What help can I access?

Through the *National Perinatal Depression Initiative*, the Federal Government has funded a counselling program known as **Access to Allied Psychological Services (ATAPS)** specifically to support expecting and new mums.

This program provides up to an initial **6 free sessions** with a trained counselling professional - and **6 additional free sessions** (if required) after a review with your GP.

What is involved?

These sessions take place at several locations within your region. Individual sessions take about an hour. Group sessions may also be available. All sessions are totally confidential and are conducted under strict professional guidelines.

What if I don't want to continue?

There is no need to attend all sessions - that's for you, your GP and counsellor to determine.

What does it cost?

Nothing. **It's a free service** when referred by a GP under the ATAPS Referral Guidelines.

How do I access this service?

Simply discuss an ATAPS referral with a GP of your choice.

If they are not familiar with the ATAPS program they can contact Christine Borg at Central Highlands General Practice Network (CHGPN) on (03) 5428 4848.

What if I don't have a regular GP?

Check your White Pages or Local Shire Directory, or search by 'GP' or 'Dr' at www.truelocal.com.au

Is there any follow up?

It is important for your peace of mind to monitor your wellbeing with a simple follow up appointment with your GP to review the value of these sessions, and refer for additional sessions if they are required.

If I'm not sure about all this ...who can I talk to?

Simply contact Christine Borg at **Central Highlands GP Network** on (03) 5428 4848 and she will be happy to answer any questions you might have.

If you have any issues, concerns or complaints about services you have received through the ATAPS program please contact CHGPN.