

## Infant Mental Health Services – Gold Coast

### Preventive and Early Intervention

- **Parenting programs** such as [Triple P](#), Circle of Security, Attachment and Biobehavioural catch up, and the Family Interaction Program.
- **E-mental health programs and apps** – [Head to Health](#)
- **Trauma awareness training** – Mini C-STARS with Evolve or through Foster and Kinship agency.

### Mild-Moderate Mental Health Needs

#### Family Interaction Program – Griffith University Health Clinic

Programs: Parent/Carer-child Interaction Therapy, Circle of Security, Regulating Overload and Rage. Age 1-12. Child Safety clients prioritised. Southport 5678 9105 Email: [fip@griffith.edu.au](mailto:fip@griffith.edu.au)

#### Early Childhood Early Intervention

The ECEI approach supports children aged under seven years who have a developmental delay or disability, and their families/carers. The ECEI approach supports families to help children develop the skills they need to take part in daily activities and achieve the best possible outcomes throughout their life.

#### [Find Early Childhood Partners.](#)

- Connect you and your child with the most appropriate supports in your area, such as the community health centre, educational setting and playgroup
- Provide some short-term early intervention where it has been identified as the most appropriate support
- Help you to request NDIS access if your child requires longer-term early childhood intervention supports. If your child becomes an NDIS participant, the Early Childhood Partner will work with you to develop an NDIS plan.

#### [Help for children under 7 | NDIS](#)

Phone NDIS on 1800 800 110

Contact centre open Monday to Friday 8am to 8pm (local time)

Phone [1800 800 110](tel:1800800110)

Email [enquiries@ndis.gov.au](mailto:enquiries@ndis.gov.au)

#### Accoras Family Mental Health Support Service

We are a free service funded by the Department of Social Services to provide early intervention support to children and young people, alongside their families, who are showing early signs of, or at risk of developing mental health concerns. To be eligible for our program the client must:

- Be a child or young person up to and including 18 years of age and be willing to participate within the FMHSS program
- Have a parent or significant adult who can be proactive, and work with their child/young person within the program to achieve optimum long-term outcomes
- Live within the South Brisbane or Gold Coast catchment area
- Currently not under the care of the child protection system
- [View patient brochure](#)
- [Family Mental Health Support Service Referral and Screening Form](#)
- View website - <https://www.accoras.com.au/fmhss>

#### Early intervention parenting support – Gold Coast Health

Our team of social workers and psychologists provide parenting strategies and short-term support for parents with children from birth to six years of age, either at a community health centre or in the home.

This service is available by referral only. Speak to your [child health nurse](#) for more information.

#### Together in mind perinatal infant mental health day program – Gold Coast Health

Internal referral only – please speak to your [child health nurse](#) or [perinatal mental health](#).

#### Dr Michelle Fryer

MB ChB, FRANZCP, Cert. Child Adolescent Psych, Grad Dip Mental Health PIMH. Parent-Infant, Child, Adolescent and Family Psychiatrist

- expectant and new parents with their infants and
- children, adolescents and their parents.
- Fellow of the Royal Australian and New Zealand College of Psychiatrists and an Accredited (specialist) Member of the Faculty of Child and Adolescent Psychiatry.

Expectant parents along with parents of babies and young children for various reasons often need extra psychiatric and psychological care. My work focuses on the mental health of both the parent and child while nurturing their developing relationship.

I work with new mothers and other caregivers where they have issues of mental illness, psychological problems or personal experiences of childhood trauma or adversity or there are problems arising from infant prematurity or illness. These issues can interfere with the parenting role and bonding.

Research has shown that positive relationships between parents and their children in early life help prevent later social, emotional, learning and psychological problems. I employ a range of therapies to address parental mental illness and facilitate a strong, positive parent-child relationship. Clinic Hours: Mondays: 9.30am to 5.00pm 0476 211721 Please leave a message. Dr Fryer's rooms are inside:

iSmile Dental Clinic  
17/340 Hope Island Road  
Hope Island Central, QLD 4212

[Dr Michelle Fryer - Psychiatrist Gold Coast - Hope Island](#)

### **Helen Baker Infant – Parent Counselling and Consultancy Service**

Provision of In Home Counselling Service for parents and their infants from 0–3 years of age.

Infant-Parent Counselling is a confidential therapeutic service which is specially designed to understand the needs of both parents and their babies/toddlers and the importance of their developing relationship. The focus is on improving the emotional health for both parents and their babies/toddlers and work towards positive relationships. Current research findings show that good positive relationships between infants/toddlers and their parents help prevent later social, emotional and psychological problems.

Helen Baker is an accredited Social Worker and Mental Health Social Worker with a Master of Infant Mental Health and over 30 years clinical experience in mental health. She is an infant-parent therapist with extensive therapeutic and mental health experience in the areas of child & youth mental health, adult mental health and infant mental health.

Helen is a registered mental health worker with Medicare Australia.

Referral: self-refer or be referred to our services by your GP, paediatrician, psychiatrist, or other medical/professional worker. Medicare funds will cover some of the consultation fees if referred by GP, paediatrician or psychiatrist. Some private health funds may cover consultation fees.

Bulk billing is available for health care cardholders and on occasion those experiencing financial difficulties. Please let Helen know when booking your appointment.

What's involved?

The therapeutic service is home visit based only as this has proved to be the most comfortable and settling option for very young children and their parents. Duration of sessions is between 1 to 1 1/2 hours. An average of four weekly sessions can prove useful in beginning to understand your baby's/toddler's signals, ways of communicating within their developmental context. A video camera (with your permission) may be used to highlight positive aspects and strengths of the developing relationship between you and your baby/toddler.

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[hbaker2222@gmail.com](mailto:hbaker2222@gmail.com)  
[helenbaker.com.au](http://helenbaker.com.au)

**Severe and Complex Mental Health Needs**

### Perinatal Mental Health Outpatient Clinic – Gold Coast Health

This [service](#) provides consultation, assessment and short-term intervention for women who have mental health issues post birth up to 12 months. Maternity will complete screening forms and if required will refer to perinatal mental health. GPs can refer through portal. Not IMH but only Perinatal mental health

### Lavender Mother and Baby Unit – Gold Coast Health

The Lavender Mother and Baby Unit is a four bed specialist state-wide acute service located at Gold Coast University Hospital. The unit provides specialist care for women who require admission to hospital for significant mental health difficulties in the first year following childbirth that impact on their ability to function in everyday life and to care for their child. Women and their babies will be admitted if the mother has significant mental health problems such as severe depression, anxiety, or a psychotic illness such as bipolar disorder, schizophrenia, or postpartum psychosis who cannot be safely managed in the community.

The unit is supported by the Lavender Perinatal Mental Health Community Team who will assess and triage potential referrals to the Lavender unit and facilitate with discharge back to the referring service. Where a referral is not accepted, the team can provide consultation and liaison to develop a treatment plan and/or provide sign posting to local services.

#### How to access the service

This service is accessed via medical practitioners and your local mental health services.

#### Eligibility criteria

The Lavender Mother and Baby Unit provides specialist care for women who require admission to hospital for significant mental health difficulties in the year following childbirth that impact on their ability to function in everyday life and to care for their child. The Unit can only provide care to women who reside in Queensland.

This includes women with:

- postpartum psychosis
- relapse of schizophrenia or bipolar disorder in the postpartum
- severe anxiety and/or depressive disorder
- women with complex mental health problems which may include a history of trauma, personality disorder and substance misuse that is impacting significantly on their parenting.

#### Who can refer?

General practitioner

Obstetrician

Paediatrician

Psychiatrist

Mental health services.

If unsure regarding suitability for referral, please telephone Lavender Mother Baby Unit Intake on (07) 5687 7064 between 8am-4pm Monday to Friday (excluding public holidays).

- [Lavender Mother and Baby Unit Referral](#)
- [Lavender Unit Health Professional Brochure](#)
- [Lavender Unit Patient Brochure](#)

Click here to learn more: <https://www.goldcoast.health.qld.gov.au/our-services/lavender-mother-and-baby-unit>

### Child and Youth Mental Health Service - Continuing Care Team – Gold Coast Health

The Child and Youth Mental Health Service (CYMHS – pronounces KIMS) is a free, confidential and voluntary service provided by Gold Coast Health. Our service is available to children and young people from birth to 18 years and their families who live in the Gold Coast region. Our clinics offer multi-disciplinary teams who are experienced in understanding and working with the emotional and behavioural problems facing children, young people and their families. Referral can be made over the phone to the CYMHS access team on 1300 642 255.

### Evolve Therapeutic Services – Gold Coast Health

Evolve Therapeutic Services is a specialist team within CYMHS that provide intensive mental health interventions to children and young people (birth to 18 years) with extreme and complex therapeutic needs, that are in the care of the Department of Communities Child Safety Services. Evolve Therapeutic Services Gold Coast is part of a statewide, cross-government initiative involving Gold Coast Health, Queensland Health, Child Safety Services, Disability Services and Department of Education which aims to enhance mental health, behaviour support and participation in education for the most extreme and complex children and young people in the care of Child Safety Services. Referrals to Evolve Therapeutic Services can only be made by the client's Child Safety Worker.

### ePIMH Telepsychiatry

ePIMH (e-Perinatal and Infant Mental Health) Telepsychiatry is a state-wide program that supports health professionals working with:

- expectant parents
- people for whom a pregnancy has ended under any circumstances
- families with children aged 0 to 4 years.

Through ePIMH Telepsychiatry, specialist psychiatrists in perinatal mental health and infant mental health work together with local health professionals to support the mental health and wellbeing of parents, children and families in rural and remote areas.

### Who can access this service?

ePIMH Telepsychiatry helps your local health service provider to help you. There are specialist psychiatrists available in both perinatal mental health and infant mental health.

### How do I get a referral?

Referrals for e-PIMH Telepsychiatry services can be made by a range of professionals working with mothers, fathers, infants and families, including:

- GPs
- Psychiatrists
- mental health professional
- child health professionals including early intervention clinicians
- allied health clinicians
- indigenous health workers.

### Contact details

t: 07 3266 3100

e: [e-PIMH@health.qld.gov.au](mailto:e-PIMH@health.qld.gov.au)

Operating hours Monday to Friday, 8.30am-5pm.

[e-PIMH | Queensland Centre for Perinatal and Infant Mental Health](#)

### State and National Resources & Services

<https://www.childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/qld-perinatal-mental-health-support.pdf>

### Screening Tools for Infant Mental Health

1. **SDQ** (age 2-17 years): Strengths and Difficulties Questionnaire and scoring instructions is freely available online (there is a fee version for online scoring). Online support around the use of the tool and free online training at [AMHOCN](#) which is quick and simple.
2. **HoNOSI** (age 0-47 months): The Health of the Nation Outcome Scales for Infants is an outcome measurement rather than a screen thus useful post assessment and beyond to track progress. Free to use.
3. **Mater Infant Toddler Screen** (0-36months): Developed by the Mater Child and Youth Mental Health Service in order to assist referrers to determine whether an infant and their carer may benefit from referral to additional services to support the infant-parent relationship. Available free resources are: [Information Sheet](#), [Screening Tool](#) and companion ["Facilitating use of the Mater Infant Toddler Screen"](#).

*For further child and youth mental health services not specific to infants, see the Mental Health Services for Children and Young People information sheet.*