

How to refer a patient to Catherine's House In-patient Unit *for Mothers, Babies and Families*

Queensland's first integrated perinatal mental health service offers an In-patient Unit with 10 rooms where parents and primary carers can stay with their babies while receiving treatment and care.

The Unit provides specialist care for people who require hospital admission for acute mental health issues in the first year of their baby's arrival.

To learn more about Catherine's House, visit

mater.org.au/catherines-house



Women can be referred to Catherine's House In-patient Unit by:

- Mental health clinicians
- General Practitioners
- Psychiatrists
- Obstetricians

Referrals can be made from the following catchments*:

- Metro North
- Metro South
- West Moreton
- Wide Bay
- Sunshine Coast
- Mackay
- Townsville
- North West
- Children's Health Queensland

*All other Queensland catchments can refer to Lavender Mother and Baby Unit.

Eligibility criteria

Catherine's House is dedicated to **delivering specialist perinatal mental healthcare** to parents who are primary carers living in Queensland, unable to be cared for adequately in the community and who are experiencing:

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

How to make a referral

- 1 Assess parent based upon eligibility criteria.** If unsure of suitability for referral, please email Catherine's House at **CH_MBF@mater.org.au**
- 2 The referrer will be notified within two working days** that their referral has been received and is being assessed.
- 3 Referrals will be triaged after parents/primary carers have completed** a thorough initial assessment by the intake team.
- 4 Once accepted for admission,** the referrer and parent will be contacted when a bed becomes available.
- 5 If not accepted for admission the intake team will advise** the referrer who will maintain clinical responsibility for the consumer.

All babies require a pre-admission health screen for infectious diseases.

There is no capacity to admit ill infants in the In-patient Unit.

Weekly phone or email updates are recommended to ensure appropriate triaging of referrals.

Admissions are planned and will occur **Monday to Friday 8am - 4pm.**

Please note

The Catherine's House **family brochure** provides a list of items for in-patients to bring with them for their stay.

Catherine's House for Mothers, Babies and Families is not responsible for management of the parent or primary carer prior to admission, or in the event of delays. **This remains the responsibility of the referrer.**