

*For Mothers,  
Babies and Families*

Reimagining perinatal  
mental health care for parents



## The heart to heal, the strength to grow.

Our spirit is strong, it thrives as we embrace those who we must always care for.

Our journey has been long and we will continue to flourish as we open our hearts to those who walk with us. **Always.**

The artwork concept and narrative was developed by David Williams. David is a proud Wakka Wakka artist at Gilimbaa.

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In the spirit of reconciliation, Mater acknowledges the Traditional Custodians of Country throughout Australia and their connection to land, sea and community.

We pay our respects to their Elders—past, present and emerging.





## About us

Catherine's House for Mothers, Babies and Families is Queensland's first integrated perinatal mental health centre.

It has been co-designed by parents with lived experience and a multidisciplinary team of health professionals to deliver specialised care to parents experiencing depression, anxiety and other mental health challenges in the first year of their baby's arrival.

Located alongside Mater Mothers' Hospital at South Brisbane, Catherine's House has been built with community donations to Mater Foundation and is a dedicated space for healing, recovery and connection.

*Catherine's House provides a spectrum of care that promotes wellness, parental mental health and child development*



## About you

The arrival of a new baby can be the most exciting and challenging time in your parenting journey.

Mental wellbeing plays a vital role in your ability to develop confidence and connection as a parent.

Whether you access care from the public health system or have private health insurance, Catherine's House for Mothers, Babies and Families delivers a range of services for all women.

Parents can stay with their babies at the Catherine's House dedicated In-patient Unit while receiving support and treatment from our specialist team of mental health clinicians including psychiatrists, allied health, nurses, peer workers and other professionals.

Families have access to a wide range of tailored programs and services for parents and babies.

*We're with you every step of the way*



*Focusing on  
the best start  
for all during the  
early years*



## Our services

- ✓ **Parent Support Centre**  
for mothers and babies up to six months after birth
- ✓ **Parent Aide Unit**  
a home visiting service with trained volunteers to help improve infant-parent relationships
- ✓ **Day Programs**  
Public and Private individual and group therapy treatments
- ✓ **In-patient Unit**  
Primary care givers are admitted for public and private in-patient mental health assessment and treatment while supporting parent-baby attachment
- ✓ **Individual Consultation**  
Catherine's House has a range of public and private practitioners for consultation



# About your stay at Catherine's House

This service has been created to be a home away from home for new parents and families. It is a safe place for you to recover and connect with your baby while restoring your mental wellbeing.

Members of our multi-disciplinary team of perinatal doctors, nurses and allied health professionals will meet with you to better understand your health history and your current needs.

Together, you will map out your personalised journey to recovery.

*Where there is hope,  
recovery is possible*



## What to bring:

-  Clothes for you and your baby
-  Toiletries including sanitary items and breast pads
-  Bottles and food for infant
-  Disposable nappies
-  Breast pump
-  Special toy or comfort blanket for your baby
-  Pram
-  Baby's Personal Health Record (red book)







## Other important information

A health professional may refer you to Catherine's House, or you may self-refer to some services. Find further information by phoning 07 3163 2299.

The Catherine's House In-patient Unit is a state-wide service.

You can find more information on Catherine's House for Mothers, Babies and Families at [mater.org.au](http://mater.org.au)

## Other services

If you are concerned about your health, or that of your baby, phone:

- 000 (triple zero) in an emergency
- 1300 MH CALL (1300 642 255) in a mental health emergency
- 13 HEALTH (13 43 25 84) – a qualified nurse will provide general health advice
- Gidget Foundation - 1300 851 758
- Perinatal Anxiety and Depression Australia 1300 726 306
- Emotional Health Unit [mater.org.au/emotionalhealthunit](http://mater.org.au/emotionalhealthunit)
- Centre of Perinatal Excellence – [www.cope.org.au](http://www.cope.org.au)
- Women Health Queensland – 1800 017 676
- Beyond Blue – 1300 224 636

# Catherine's House is located at Mater's South Brisbane Campus

← To South Bank and South Bank train station



## Buildings

- 1 Mater Private Hospital Brisbane
- 2 Mater Private Clinic
- 3 Mater Hospital Brisbane
- 4 Mater Private Hospital Annerley Road Campus
- 5 Mater Medical Centre
- 6 Salmon Building
- 7 Queensland Children's Hospital
- 8 Mater Mothers' Private Brisbane
- 9 Whitty Building
- 10 Potter Building
- 10a Potter Annex
- 11 Aubigny Place
- 12 Catherine's House
- 13 Duncombe Building

## Key

- P** Parking
- Drop off zone
- ◆ Adult Emergency
- Private Emergency
- ▨ Security booth
- ▬ Main entrance

## Catherine's House

 Raymond Terrace, South Brisbane QLD 4101  
 07 3163 2299