

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.

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.



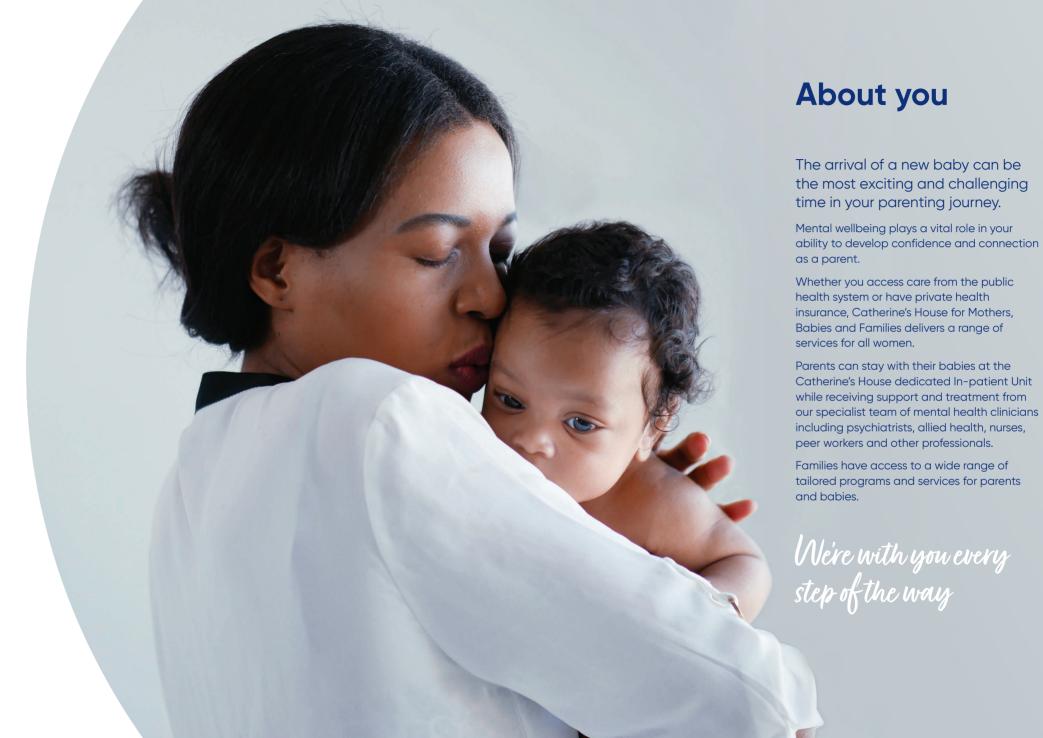
About us

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





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
- 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) 0



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

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
- Centre of Perinatal Excellence 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



Catherine's House

Raymond Terrace, South Brisbane QLD 4101

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