## KING EDWARD MEMORIAL HOSPITAL

## NEW BEGINNINGS

## INFORMATION SHEET

## New Beginnings is a group focused program led by experienced Mental Health Nurses and Clinical Psychologists and is designed for women who are experiencing adjustment to having a baby, anxiety, distress, or depression in the postnatal period.

## *WHO CAN REFER TO THE NEW BEGINNINGS PROGRAM*

## Referrals can be made by the primary care provider; mental health practitioner or Child Health Nurse

# Referral Criteria

# Mums need to be actively engaged with their primary care provider

## Baby should be under 12 months of age; >8 weeks of age at start of the group

## Mums should not be dependent on drugs or alcohol

## Mums should be English speaking and be able to participate in a group setting

## *Program structure:*

## Weekly 2.5hr group sessions

## The group will run during school term

## Free creche facilities on site

## Topics covered in the new Beginnings sessions may include:

## Self-care

## Communication

## Changing unhelpful thinking styles

## Management strategies for depression and anxiety

## Building Healthy Relationships

## Mother Infant attachment strategies

## Should you require any further information please contact the Women and Newborn Mental Health Services Team on 6458 1521 or email wnhs.mhs.newbeginnings@health.wa.gov.au