

What we do

Helen Mayo House (HMH) provides inpatient services for mothers who have significant mental health problems following the birth of a baby and admits children aged three years and under. Mental health problems, such as severe Depression, Anxiety or psychotic illnesses are considered to be significant if they impact on the mother's ability to function in everyday life and to care for their child.

How we work

If you have an admission to HMH you can expect an average stay of two to three weeks. However you may have a longer or shorter admission depending on your needs. During this time the HMH team, including psychiatrists, nurses, a clinical psychologist, a social worker and a mother infant therapist, will provide medical and therapeutic support for you and your child.

At the time of admission an assessment will be made to ensure treatment programs are tailored to meet you and your child's needs. Most mothers will require medication or other therapies for managing their illness. If appropriate, the staff will work with you using cognitive therapies or other psychological counselling programs to assist you and your child. You may also participate in Mother Infant Therapy sessions to support the bond and attachment between you and your child. Other family members may also be invited to participate in these sessions to contribute to your recovery.

You will also have the opportunity to participate in various group programs run on the ward. Groups include activities such as relaxation, craft, journaling and baby song groups.

What happens after discharge

As HMH is the starting point for your road to recovery, discharge planning is an integral element of the HMH service. HMH staff will work with you and your family to identify and negotiate referrals to community based supports, services and follow up care once you leave HMH. Services may include regular general practitioner (GP) contact, post natal depression and parenting groups, psychiatrist and/or allied health follow up, Child and Family Health Services (CaFHS), childcare assistance packages and Centrelink support (if eligible).

Facilities

The Helen Mayo House unit is located on the Glenside Campus and has individual rooms, nurseries, and shared dining, kitchen, laundry and play areas. Enclosed playpen areas are set up inside and equipped with a variety of toys for children to play with. The unit also has an enclosed outdoor play area for children with play equipment, swings, sand pit and a grassed area.



What to expect

When mothers are admitted to Helen Mayo House they will be responsible for the care of any of their children who are admitted with them, if the mother is well enough. Staff will help by providing information and advice as necessary, and care of infant/s if the parent is very unwell. We encourage the parent to do the care whenever possible.

Visitors

Visiting hours depend on the mother's wellbeing and who wishes to visit. Flexibility of visiting hours can be negotiated for partners and other children in the family, while other family members and friends can visit between 3.00pm to 8.00pm.

Partners

At times partners may be able to stay in the unit overnight but this is dependent on factors such as room availability and the needs of the women in the Unit at the time. It is never a right that partners can stay overnight in the Unit but needs to be discussed with staff.



Consumer information

The following items are provided:

- > breakfast, lunch and dinner each day (for adults)
- > adult and child bed linen and towels
- > bassinets, cots, high chairs, prams, indoor and outdoor play equipment, baby baths, change tables
- > bottle disinfection equipment is available
- > baby food
- > change mats, wet-ones for baby changing and skin-care products for baby baths.

What you will need to bring:

- > clothes for you and your baby
- > toiletries including sanitary napkins and breast pads
- > infant formula and food if the HMH food is not suitable for toddlers
- > baby bottles and disposable nappies
- > parents of bottle-fed babies are requested to provide their own bottles, infant formula and microwave sterilizer if they have one.

Consumer rights

A brochure on consumer Rights and Responsibilities is provided on admission and as requested.

Charges

Free – except partners may be expected to pay a small contribution towards the cost of meals which may be provided while a woman is in the unit.

How do I get help?

- > Telephone counselling is provided for distressed women or their family and friends to access support and information by ringing the following numbers: (08) 83031183 / 83031425 or 1800182232 (toll free) for country callers and ask for Helen Mayo House.
- > See your GP for a referral.

In order to come to HMH you will need to be seen by either a medical practitioner or a mental health clinician. If it is decided that an inpatient stay in hospital is going to be best for you and your infant a referral will be made to HMH. Once you are referred it is likely that you will be placed on a waiting list.

- > Contact an Acute Crisis Intervention Service Team (ACIS) on 131465 for immediate assessment/referral and support.

For more information

Helen Mayo House
Women's and Children's Health
Network
226 Fullarton Road
Glenside SA 5063
Telephone: (08) 8303 1183 or
(08) 8303 1425

www.wch.sa.gov.au/hmh

Non-English speaking: for information in languages other than English, call the interpreting and Translating Centre and ask them to call The Department of Health. This service is available at no cost to you, contact (08) 8226 1990.

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Helen Mayo House



Information for
mothers and their
families