Helen Mayo House Service

Helen Mayo House is a South Australian Statewide acute inpatient unit of the Children, Youth & Women's Health Service and is located on the Glenside Campus, for the treatment of women who have children aged 0-3 years and who have a significant mental health problem, such as: bipolar mood disorder, schizophrenia, major depression or multiple problems including mental illness. As well as the treatment of mental illness, there is a significant focus on mother-infant attachment issues and broader family work. In addition to inpatient services, the unit provides teaching services in the community in perinatal and infant mental health, specialised consultation-liaison to general practitioners through the GP Share Care workers.

Inpatient Treatment Program

Helen Mayo House functions as a multi-disciplinary team with consultant psychiatrists and a psychiatric trainee, clinical psychologist, infant mental health specialist, social worker and expert nursing staff. Treatments include counselling – individual, partnership, mother-infant and groups, medications and ECT as appropriate.

Length of admission is quite variable but on average, is 2-3 weeks. Referring agencies and services organised in discharge planning will be invited to attend the ward round with client consent to provide discussion of post discharge management and continuum of care for clients.

Service Capacity

Helen Mayo House has the capacity to admit 6 parent-child dyads in its inpatient facility. However the unique nature of the service in South Australia means that demand often outweighs Helen Mayo House's capacity. Waiting times for admission to Helen Mayo House are therefore unpredictable and can be several weeks to several months for parents who are less unwell. Helen Mayo House encourages service providers to continue to manage and engage community supports while a parents is waiting for admission.

General Practitioner Liaison

We endeavour to conduct assessments on women who are parenting infants and who have significant mental health problems where management plans are sought by GP's. Management plans may include medication, referrals to our inpatient or group services or to other practitioners as well as a management plan provided to GP. Telemedicine assessments can be arranged for Rural and Remote clients.

Referral can be made by phoning: 08 8303 1451 during office hours or 08 8303 1183 out of hours.

Referral to HMH

Referrals can be made by:

- A medical practitioner
- A mental health clinician
- ACIS Teams in the community can undertake urgent assessments of severely unwell persons and liaise with Helen Mayo House for admission if there is a bed available (Telephone: ACIS 13 1465)

How to Refer to HMH

1. Assess woman for eligibility for admission to HMH acute mental health inpatient service. Access the HMH referral form from the HMH website: http://www.wch.sa.gov.au/hmh .

2. Fill out the referral form (this can be typed or hand written) ensuring that all mandatory fields are completed. Return to HMH via email to tina.bull@health.sa.gov.au or fax: (08) 708 71060. Please note that all mandatory fields, indicated by a * on the referral form, must be completed prior to submission. Referral forms without this information will not be processed.

3. The HMH intake officer will notify you within 3 days of having received the fax and will provide information about the status of the referral (i.e. eligible/ineligible)

4. If eligible, your referral will be prioritised and placed on the HMH waiting list. The waiting list will be periodically revised by the intake officer.

5.You will need to provide regular updates regarding your client, especially when their clinical status changes to ensure they are appropriately prioritised. This can be done via email to tina.bull@health.sa.gov.au or fax: (08) 708 71060. (Att: Intake Officer).

6. Please note that HMH is not responsible for the management of the client upon receiving the referral, and you will still be required to organise/provide support for the client while waiting for admission.

7. If a bed becomes available you will be contacted by a HMH staff member.

Partners

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

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.

Conference and Education

Helen Mayo House offers a one-day annual conference on issues relating to perinatal and infant mental health. In addition, the Unit has a teaching faculty who provide teaching on these issues throughout South Australia by negotiation. For further information, please

Alternative Support Services

Assessment and Crisis Intervention Service (ACIS) mental health Triage
ph: 13 14 65
Post and Ante Natal Depression Association (PANDA) ph: 1300 726 306

or visit www.panda.org.au

Child and Family Health Centres
ph: 1300 733 606
or visit ww.cyh.com (CaFHs Centre Locations)
Women's Health Statewide ph: 1300 882 880
or visit www.whs.sa.gov.au

Beyondblue: ph: 1300 224 636
www.beyondblue.org.au

Relationships Australia, South Australia (RASA) ph 1300 36 277
www.relationships.com.au

For more information

Women's and Children's Health Network
Helen Mayo House
226 Fullarton Road
Glenside SA 5065
Telephone: (08) 708 71030
www.wch.sa.gov.au/hmh
Email: tina.bull@health.sa.gov.au

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 Service Providers

Division of CAMHS

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