

## Consumer information

Provided, are the following:

- Bassinets, cots, high chairs, prams, indoor and outdoor play equipment, baby baths, change tables, cloth nappies, all adult and child bed linen, towels.
- Bottle sterilisation equipment and Milton's solution is available, but parents of bottle fed babies are requested to provide their own bottles and infant formula.
- Heinz Baby Food.
- Change mats, Wetones for baby changing and Infacare for baby baths are provided.

Consumers will need to provide the following:

- Toiletries including sanitary napkins and breast pads.
- Infant formula and food if the hospital diet is not suitable for toddlers/young pre-schoolers.
- Baby bottles and disposable nappies.

## Consumer rights

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



Helen Mayo House is part of the Division of Mental Health of the Women's and Children's Hospital.

## Where to find us

### Helen Mayo House

226 Fullarton Road (PO Box 17)  
Eastwood South Australia 5063

Internet <http://www.wch.sa.gov.au>

### How do I get help?

- Phone 24 HOUR, 7 days a week telephone counselling is provided for distressed women or their family and friends to access support and information by ringing the following numbers:  
(08) 8303 1183  
(08) 8303 1425  
or 1800 18 22 32 for country callers  
(please ask for Helen Mayo House).
- See your GP for a referral.
- Contact an Acute Crisis Intervention Service Team (ACIS).  
Phone 13 1465 for assessment/referral.



## Information for Consumers

Helen Mayo House

## Helen Mayo



# HOUSE

## What we do

Helen Mayo House is a statewide six bed inpatient unit for the treatment of women who have children aged 0-5 years who have mental health problems eg depression, anxiety, psychosis subsequent to childbirth.

## How we work

- Treatment will focus primarily on the unwell mother.
- A team of workers including doctors, psychologist, social worker, occupational therapist and nursing staff will be involved in the assessment and treatment of the client.
- Treatment will include individual counselling, medication, group therapy, depending on the individuals needs.
- All treatment programs are compulsory while women are inpatients and focus on lifestyle, coping skills, management of social stressors and assistance with parenting and baby care.

## Charges

Free - except spouses may be expected to pay a small contribution towards the cost of meals provided to them through the Unit.

## Group programs

### Outreach Day Program

A one day a week, group based program complemented by individual assessment and goal directed contact, that seeks to support women in the community who have young children and are experiencing depression or anxiety.

### “Baby & Me”

A flexible program orientated towards helping mothers enjoy their relationships with their babies. This is offered as an outreach program in various community locations.

## Facilities

- Helen Mayo House is a facility providing accommodation for families with children under five years of age.
- Meals are provided however there is a kitchen with cooking and microwave facilities.

- There is a utility room for preparation and sterilisation of infant formula.
- Play equipment is provided and there is an enclosed yard with swings, slippery dip and sandpit.
- There are 2 infant nurseries, however infants can room in with their parents if they are well enough.
- Laundry and ironing facilities are available.

## How consumers can participate in the service

Generally, when mothers are admitted to Helen Mayo House, the staff expect the mother to be responsible for her children's care and well-being, providing her illness permits. Staff are available to assist, give information and advice as necessary. We do not wish to take over the care routine unless the mother is incapable of meeting this responsibility.

Visiting hours are flexible. However, visitors are asked to leave by 9.00 pm. When a mother's condition warrants, visiting may be limited. Staff exercise their discretion on this.

