

Helen Mayo House: Information for parents and families

Helen Mayo House provides inpatient services for parents who have significant mental health problems in the postnatal period.

Women, partners and their infant/s aged 24 months and under can be admitted to Helen Mayo House if they are the parent with primary responsibility for the infant and have a mental illness.

Mental health problems, such as severe depression, anxiety or psychotic illnesses are considered to be significant if they impact on the parent's ability to function in everyday life and care for their child.

Admission to Helen Mayo House

- > If you have an admission to Helen Mayo House 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 team, including Psychiatrists, Nurses, Clinical Psychologist, Social Worker and Parent- 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 a treatment plan is developed to meet you and your child's needs. This may include medication, counselling and specific programs such as parent-infant therapy to support the bond and attachment between you and your child. Other family and support network 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 Mindfulness, Skills Training, Art and Music sessions.

Facilities at Helen Mayo House

Helen Mayo House is part of the Women's and Children's Health Network, located at Glenside Health Services. Helen Mayo House has individual rooms and nurseries, and shared dining, kitchen, laundry and play areas. Enclosed playpen areas are set up inside and are equipped with a variety of toys for children to play with. There is also an enclosed outdoor play area with play equipment, swings, sand pit and a grassed area.





What can I expect?

When admitted to Helen Mayo House, you will be responsible for the care of your child. Staff will help by providing information and advice as necessary and will help take direct care of your child when required. We encourage you to care for your child as much as you can, in order for build-up skills and confidence in looking after your child in preparation for returning home.

What happens after discharge?

- > As Helen Mayo House is the starting point for your road to recovery, discharge planning is an integral element of the service. Our staff will work with you, your family and your support network to identify and negotiate referrals to community based supports, services and follow up care once you leave Helen Mayo House.
- > Services may include regular GP contact, parent-child therapy, parenting and play groups, psychiatrist and/or allied health follow up for your mental health issues, and Child and Family Health Services.

Visitors

Visiting hours are 3.00pm - 8.00pm daily. However, flexibility of visiting hours can be negotiated - particularly for partners and other children in the family. Visiting hours may also be modified in response to your mental health needs.

Partners

At times partners or other family members may be able to stay overnight, but this is dependent on factors such as room availability and the needs of other parents and families at Helen Mayo House at the time. Having a partner or family member stay overnight needs to be discussed and negotiated 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
- > 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
- > Disposable nappies
- > Toiletries, including sanitary napkins and breast pads
- > Baby bottles and infant formula if your baby is formula fed - parents of bottle-fed babies are also requested to provide their own microwave sterilizer if they have one
- > Additional food for your child, if the food provided at Helen Mayo House is not suitable for your child.

Consumer Rights

A brochure on consumer Rights and Responsibilities is provided on admission. Further information is available at http://www.wch.sa.gov.au/support/consumer/consumer_rights.html

Charges

The service is provided free of charge, although partners who consume meals at Helen Mayo House are encouraged to make a small contribution to cover additional costs.

Counselling

Helen Mayo House does not have a dedicated counselling line; however, nursing staff are on duty 24 hours, seven days a week and are able to take phone calls to provide support to prospective parents and their families.

Local telephone: 7087 1030 or 7087 1031

Toll Free: 1800 18 22 32 for country callers and ask for Helen Mayo House

Referral required from your GP or Mental Health Practitioner

Admission to Helen Mayo House is by referral only. You will need to see a medical practitioner or mental health clinician, and if it is decided that an inpatient stay in hospital is best for you and your child they can make a referral to Helen Mayo House.

Once you are referred, you will be placed on a waiting list and be notified when a bed becomes available. Until a bed becomes available, your medical practitioner or mental health clinician will help with your mental health until admission.

Waiting times for Helen Mayo House vary, and depend on many issues, such as age of child and type of mental illness.

The [PANDA National Support line](http://panda.org.au) (1300 726 306 or panda.org.au) can provide phone counselling support during the waiting period.

Contact the [Mental Health Telephone Triage Service](http://www.health.sa.gov.au/mental-health) on 131 465 for immediate assessment/referral and support.

For more information

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Telephone: (08) 708 71030 or (08) 708 71031
www.wch.sa.gov.au/hmh
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