

## A specialist option for your perinatal patients

Mums Matter Psychology provides specialist mental health support to women and men through the perinatal period, from conception until the child is four years old. We support those experiencing, or at risk of developing, mild to moderate perinatal depression, anxiety or stress-related disorders, as well as parents affected by birth trauma or pregnancy loss.

### Who to refer

- Women and men from conception to 4 years postpartum.
- Mild to moderate perinatal depression, anxiety or stress-related disorders (experiencing or at risk).
- Expectant and new parents, and their partners, affected by birth trauma.
- Those affected by pregnancy loss, including stillbirth, miscarriage or termination.

### Not suitable for Mums Matter

- Current or enduring psychotic illness.
- Long-standing suicidal or homicidal ideation, or suicide attempts, without psychiatric support.
- Current child protection issues involving Family and Community Services without case management support.
- Current alcohol or other drug abuse without Drug & Alcohol service support.

### How to refer:

1

#### **Complete a Mental Health Care Plan and referral letter**

If your patient has a mental health condition, prepare an MHCP together with a referral letter.

2

#### **Send the referral to Mums Matter**

Upload it securely online below, or fax it to 03 9086 7918. You can also request that Mums Matter contact your patient directly.

3

#### **Your patient is supported from there**

Your patient receives information on booking and is matched with a perinatal psychologist. Therapy is available for mums and dads, via Telehealth or in-person Australia-wide.

**10**

individual Medicare-rebated sessions per calendar year

**20**

sessions in total bulk-billed, no out-of-pocket cost

With a Mental Health Care Plan, your patient accesses bulk-billed care. A gap fee applies after 20 sessions.



#### **Upload a referral**

Simply click here to securely upload your patient's referral online.

[mumsmatterpsychology.com/upload-referral](https://mumsmatterpsychology.com/upload-referral)



#### **Request patient contact**

Click here to have Mums Matter reach out to your patient directly.

[mumsmatterpsychology.com/request-contact](https://mumsmatterpsychology.com/request-contact)