

Mums in mind in Sandringham

28 Feb 12 by Jon Andrews

SANDRINGHAM Hospital has a new specialist mental health clinic for mothers.

The women's service will mainly concentrate on natal issues, including depression and stress syndromes but may expand further if there is demand.

Launched last week, the clinic is an offshoot of a women's mental health clinic operating out of The Alfred.

Project co-ordinator Professor Jayashri Kulkarni said the clinic's main aim was to provide an overview of a woman's current mental state and functioning, diagnosis, past treatments and offer suggestions for new or different treatments.

"We found there was a need for ante-natal visits to assess the mental state of (some new mums) at Sandringham," she said.

"We started seeing women referred from here to The Alfred and some were saying it was quite a struggle to get to The Alfred.

So we decided to tap into the fact a number of women seeking delivery of their babies here want to keep all aspects of their care local."

Sandringham Hospital maternity unit manager Kay Kurth said the clinic was an important asset for local women to be able to use.

The clinic will initially run monthly on Thursday mornings, but may increase to every three weeks if there is strong enough demand.

<http://mordialloc-chelsea-leader.whereilive.com.au/news/story/mums-in-mind-in-sandringham>