

Perinatal Mental Health & Wellbeing

Providing resources, education and clinical support to enhance your overall wellbeing and ability to live life to the fullest.



Who is the program for?

Women experiencing emotional or psychological difficulties, such as depression or adjustment, during pregnancy or in the postnatal period.

Program content

- Understanding anxiety
- Understanding depression
- Challenging unhelpful thinking
- Anxiety management
- Anger management
- Exploring values
- Views of motherhood
- Balancing lifestyle
- Assertive communication
- Goal setting
- Relaxation
- Managing perfectionism
- Self esteem
- Coping with change
- Mindfulness

About the program

The Perinatal Mental Health & Wellbeing (PMHP) Program is a half day program conducted over ten weeks. It is designed for women who are experiencing emotional or psychological difficulties through pregnancy or after the birth of their child. The program is based on the principles of Cognitive Behaviour Therapy (CBT) and has been developed from current research into perinatal disorders and international standards of treatment for these conditions. The program aims to build confidence and self esteem, and assist with the development of skills and strategies for coping and managing emotions.

When is it held?

Once a week over ten weeks for 2.5 hours. Light refreshments are provided. Transport options may be available.

How to join

If you are interested in attending the Perinatal Mental Health & Wellbeing (PMHP) Program, you will need to discuss this with your treating doctor who will assess your suitability and, if appropriate, provide a referral.

How much does it cost?

Patients are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Brisbane Waters Private Hospital Day Therapy Program Coordinator. A quote can be provided if you do not have private health insurance.

Brisbane Waters Private Hospital

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