



Northpark
PRIVATE HOSPITAL

Early Parenting Resource Information

*Leaving hospital
and not sure how
you'll manage?*



Early Parenting Resource Information

During your stay in hospital we have provided you with a number of tools to use when at home but you may still require some community resources to assist you after you leave hospital. This brochure outlines those services that may be available to you however you may also identify other supports to access that occur in your local area.

One of the most important links is with your GP and your Maternal and Child Health Nurse. The Maternal and Child Health Nurse line is a 24/7 state wide telephone service available to Victorian Families with children from 0 to school age. – T 13 22 29

There are a number of Mother/Baby Support options available

- **Austin Health Parent Infant Research Institute (PIRI) and The Infant Clinic – T (03) 94964496**
 - ▶ Getting ahead of postnatal depression this is a 12 week CBT group therapy program to improve maternal mood. Women learn coping strategies to help manage their mood and is self-referral
- **PANDA (Perinatal Anxiety and Depression Australia) – T 1300726306**
 - ▶ For more information contact the helpline to explore options for support
 - ▶ www.panda.org.au
- **Beyond Blue – T 1300224636**
 - ▶ For early parenting advice and support contact the helpline or view the resources on the website
 - ▶ www.beyondblue.org.au
- **Mood Gym – www.moodgym.anu.edu.au**
 - ▶ MoodGYM is a free, interactive self-help program that provides cognitive behaviour therapy (CBT) training in order to help users identify, prevent and cope with problem emotions and shows how to develop good coping skills for the future to enjoy good mental health

- Black Dog – www.blackdoginstitute.org.au
 - ▶ The Black Dog Institute is a not-for-profit organisation and world leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder

Suggested Apps available on your phone/iPad:

- Smiling Mind
- Mind the Bump

Adult Community Services – Psychiatric Triage – T 1300 874 243

Metropolitan services include:

- Community Team North – T (03) 94089510
- Community Team Central – T (03) 94166300
- Community Team South – T (03) 94166300

You may locate other services within your local area.

Self-Care Tips for the Body and Soul:

Stop over thinking

OBSERVE What are the feelings in my body?

BREATHE Take a few deep breaths. Breathe into and around my feelings.

EXPAND Make room for my feelings... Create some space for them.

ALLOW Allow myself to feel them... Even if I don't like them.

REFOCUS Bring my attention back to what I am doing here and now.

Cognitive Behavioural Therapy (CBT)

Who:

The CBT Day Program offers people with a range of mental health conditions, primarily mood and anxiety disorders, opportunities to explore thoughts, feelings and behaviours and identify ways of implementing change. The program encourages challenging of negative thinking styles and unhelpful behaviours through supportive group work and experiential exercises.

Content:

Throughout the CBT program, participants will learn to:

- Recognise 'thinking errors' and assumptions which can cause us to interpret things more negatively.
- Identify the 'core beliefs' which can perpetuate low mood and negative thinking.
- Challenge and break old thinking habits and replace them with more balanced appraisals.
- Practise assertive communication as a way to manage boundaries and express our needs.

CBT is an evidence-based and well-established therapy used world-wide to treat numerous conditions and difficulties. Each group is tailored to the needs and learning styles of the participants.

When:

The CBT program is a 12- session program, running on Mondays, between 9:15 and 14:30.

Mindfulness Based Cognitive Therapy

Who:

Mindfulness Based Cognitive Therapy (MBCT) is a skills-based day program designed to help people who have experienced repeated episodes of depression by helping to prevent relapse. It combines the ideas of cognitive therapy with meditative practices and attitudes based on the cultivation of mindfulness. This involves becoming acquainted with the modes of mind that are features of depression, whilst simultaneously learning to develop a new relationship to them. The MBCT day program is an experiential program combining discussion about mindfulness and mindful living, with the regular practice of mindfulness meditation. A willingness to regularly engage in formal mindfulness practice at home is required.

Content:

In MBCT, group members will be assisted to:

- Learn and relate to their thoughts, feelings and bodily sensations in a healthier way.
- Learn to make healthier choices based on increased self-awareness.
- Develop a regular formal mindfulness practice.
- Identify and wisely engage with mental states which may be indicative of depressive relapse.

When:

MBCT will be offered once a year on a Wednesday, between 9.15am and 3.00pm, for nine weeks.

Art Therapy Day Program

Who:

Art Therapy is a program designed for adults with a wide range of mental health problems who are interested in using creative expression as a starting point for therapeutic exploration.

No creative experience or talent is required to benefit from this program.

Content:

The purpose of Art Therapy is for participants to learn about themselves through creative expression and therapeutic group work. Engaging in creativity, reflecting on how you feel while making your art and finding meaning in the resulting art work is deemed important to making meaningful, life enhancing change. Through the process of Art Therapy group work, participants can expect to:

- Gain insight
- Make sense of feelings and reactions they don't yet have the words to explain
- Come to understand and make meaning of their personal experiences
- Catch sight of that which has been buried or blocked out but which impacts on their lives and recovery
- Get in touch with their personal strengths and resources

When:

This is an Open group that runs every Monday (except public holidays), between 9.15am and 3.00pm.

Mindfulness Course

Who:

This program is geared toward people with mental health conditions wishing to develop a foundation of mindfulness, an approach to balanced living that has enormous value

in assisting people to manage stress and the tendencies many of us have to live in our heads rather than directly experiencing life. It has particular benefits for people experiencing mental illnesses

such as anxiety and depressive disorders. The Mindfulness Approach is based solidly on a regular practice of Mindfulness Meditation as well as a creative approach to bringing mindfulness into everyday activities and experiences.

Content:

In Mindfulness, participants will be:

- Guided in the development of their capacity to ‘pay attention’ and experience life with more awareness and with less struggles
- A range of exercises and techniques will be taught and practices both within the sessions and at home
- The latest developments in neuroscience research of mindfulness are presented and discussed

When:

The mindfulness program is offered four times a year on a Thursday, 9.30am to 3.00pm for 4 weeks.



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