

Parent & Infant Unit (PIU)

About

The Parent & Infant Unit is a free mental health and wellbeing service, providing perinatal support to parents from conception up until a year after giving birth.

Our services focus on assessing and treating the mental health and wellbeing of parents, whilst strengthening the attachment relationship between parent and infant within an inpatient setting.

We can assist with:

- Providing client-led specialist perinatal mental health assessment and treatment for parents to enhance:
 - Parental emotional health and wellbeing
 - Secure parent-infant attachment
- Infant mental health and wellbeing
- Recovery from common perinatal mental health diagnosis

We work alongside the community-based perinatal mental health team to ensure continuity of care, and to provide the option of in-home support.

How to make a referral?

- Parents can self-refer to the Parent Infant Unit or can be referred by a GP or health care professional
- Referrals are made via the mental health and wellbeing service triage number 1300 247 647
- GPs or health care professionals can make a non-urgent referral via fax- see information on www.bhs.org.au/piu

Contact Us

Parent & Infant Unit
28-34 Pleasant Street South
Ballarat Victoria 3350
*Previously known as the Mother & Family Unit (MaFU)

E: info.piu@gh.org.au

P: 03 5320 8712

Early Parenting Centre (EPC)

About

Grampians Early Parenting Centre is a free primary health service, providing specialist support for families with children aged 0-4 years.

We offer support aimed at enhancing the parent-child relationship and supporting families with strategies to achieve their parenting goals.

We can assist with:

- sleep and settling
- feeding difficulties
- parent/child relationships
- infant/child behavioural issues
- parental exhaustion
- adjustment to parenthood

We work alongside our Parent & Infant Unit, a service suited to those requiring mental health and wellbeing support.

How to make a referral?

- Parents or primary carers of a child aged up to four years of age can self-refer to the Early Parenting Centre or can be referred by a GP or health care professional
- To self-refer, please visit www.bhs.org.au/epc and complete the referral form
- Alternatively, parents can talk to their child health nurse or GP for assistance with a referral to the Early Parenting Centre

Contact Us

Grampians Early Parenting Centre
10 Fawcett Road
Lucas Victoria 3350

E: epcadmin@gh.org.au

P: 03 5320 3003



bhs.org.au/parenting

