

# Lavender Mother and Baby Mental Health Unit

Information for mothers, families and carers





## About us

The Lavender Mother and Baby Mental Health Unit provides specialist care for women who require admission to hospital for significant mental health difficulties in the year following childbirth that impacts on their ability to function in everyday life and to care for their baby.

Significant mental health difficulties may include severe depression and/or anxiety, postpartum psychosis, and relapse of severe mental health problems (eg schizophrenia, bipolar affective disorder, and other severe complex mental health problems).

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## Your support within the unit

You are encouraged to care for your baby whenever possible. Our team will support you to do this. Initially, you may need a high level of support but this will reduce as your mental well-being improves and your confidence in caring for your baby increases.

### Your treatments

An assessment will be made on admission to ensure treatment programs are tailored to meet you and your baby's needs. These may include:

- medication
- one-on-one supportive counselling
- psychosocial therapies
- therapeutic mother-infant activities such as infant massage, play sessions and interventions to promote attachment.

There is a group program available that includes relaxation, well-being strategies, education about mental health and coping strategies, and practical baby care.

Family members and significant others are encouraged to participate in your treatment and attend meetings to aid in your recovery. You will have a weekly review meeting with the healthcare team to review your progress and plan further interventions.

## Staying in the Unit

Lavender Unit is located at the Gold Coast University Hospital. It has four single ensuite rooms with a bed, cot/bassinet, wardrobe, desk, and changing table. There is a kitchen area with a fridge and microwave and laundry facilities are available.

Breastfeeding is welcomed throughout the unit and there are facilities to prepare formula milk. There is a lounge and dining area with access to an enclosed courtyard and a nursery with toys. The average length of stay is around three weeks, however this is variable and depends on each individual.

## Visiting and safety in the unit

Entry of patients and visitors is managed by the Unit staff.

Visiting hours include:

Weekdays: 3 – 5 pm and 6 – 8 pm

Weekends: 9: 3 oam – 12 pm and 3 pm – 8 pm

These times can be changed depending on individual circumstance, but the nurse in charge has the final say.

It is important to strike a balance between having sufficient contact with your family and benefitting from time on the Unit. If the Unit is very busy or visitors are disruptive, they may be asked to leave.

We do not have the facilities for a partner and/or other family members to stay overnight on the Unit.

**This is a non-smoking hospital and tobacco products, including e-cigarettes, are not permitted anywhere on the hospital grounds. Nicotine replacement therapy is available.**

**No illicit drugs or alcohol are allowed on hospital grounds. Consumers and visitors are not to be intoxicated.**



## Items provided

- Breakfast, lunch and dinner each day (for adults)
- Baby food
- Adult and child bed linen and towels
- Bassinets, cots, high chairs, indoor and outdoor play equipment, baby baths, change tables
- Bottle disinfection equipment is available
- Wet-ones for baby changing and skincare products for baby baths
- Washing and dryer facilities, including adult washing detergent, are available.

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## What you need to bring

- Clothes for you and your baby
- Specialised washing detergent for baby's clothing
- Toiletries including sanitary and breast pads
- Formula, bottles and food for infant
- Disposable nappies
- Breast pump
- Special toy or comfort blanket for your baby
- Pram
- Baby's Personal Health Record (red book)



Information about the unit is also available on our website.

Visit [www.goldcoast.health.qld.gov.au](http://www.goldcoast.health.qld.gov.au) and search for "Lavender Unit".

## Our team

The unit is led by a consultant psychiatrist who is supported by a multidisciplinary team of mental health nurses, occupational therapist, social worker, clinical psychologist, dietitian, physiotherapist, psychiatric registrars and infant mental health liaison.

Additionally, the service is supported by Gold Coast Health's Community Child Health Service and Paediatrics regarding the baby's health, wellbeing and development.

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## Support on discharge

Lavender staff will support your discharge planning. Our staff will work with you and your family to identify and negotiate referrals to mental health services, community support services, and other services for follow-up care once you leave Lavender Unit.

Services that can support you could include your GP, community mental health (including adult and infant mental health, and mental health support groups), parenting groups, child and family health services, childcare assistance and Centrelink support (if eligible).

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## Alternative support services

### **1300 MH CALL (Mental Health Access Line)**

t: 1300 642 255

### **Perinatal Anxiety and Depression Association (PANDA)**

t: 1300 726 306 w: [www.panda.org.au](http://www.panda.org.au)

### **Beyondblue**

t: 1300 224 636 w: [www.beyondblue.org.au](http://www.beyondblue.org.au)

### **Women's Health Queensland**

t: 1800 017 676 w: [www.womhealth.org.au](http://www.womhealth.org.au)

### **Centre of Perinatal Excellence**

t: (03) 9376 6321 w: [www.cope.org.au](http://www.cope.org.au)

### **Further support can be sought via:**

Emergency Department of your local hospital

Your General Practitioner (GP)

Your Child Health Centre

## Other important information



### Interpreter services

Gold Coast Health provides interpreter services for patients attending the hospital who are from non-English speaking backgrounds. If you require the assistance of an interpreter, please indicate this on your registration form and advise the hospital prior to any medical appointments.



**Interpreter services are provided free-of-charge to all patients who require the service, including non-Medicare patients.**



**For further information, please contact:**

**Lavender Mother Baby Unit Intake  
Mental Health and Specialist Services**

Gold Coast University Hospital  
1 Hospital Blvd, Southport QLD 4215

t: +61 7 5687 7064

f: +61 7 5687 7814

e: [GCUH\\_Lavender@health.qld.gov.au](mailto:GCUH_Lavender@health.qld.gov.au)

w: [www.goldcoast.health.qld.gov.au/our-services/lavender-mother-and-baby-unit](http://www.goldcoast.health.qld.gov.au/our-services/lavender-mother-and-baby-unit)



**For urgent support, call 000 or the  
Mental Health Access Line on  
1300 MH CALL (1300 642 255).**