

## WHAT IS THE PARENT INFANT UNIT?

The Parent Infant Unit (PIU) is a mental health unit that provides specialist perinatal services to parents or primary care givers with mental health concerns. Patients are able to have their infant stay with them during admission.

The unit provides assessment and short-term mental health treatment to strengthen primary care giver and infant attachment.

PIU is a 5 bed, 24 hour, 7 days per week service striving to deliver a high standard of care to mothers with infants under 12 months (unless the infant is walking). The unit also cares for expecting mums in their third trimester.

For everyone's safety the ward is locked and we may need to keep some items within the store room or nurses station (eg. phone chargers)



## WHAT DO I NEED TO BRING?

### FOR THE PARENT

- Comfortable day clothes
- Night attire
- Toiletries
- Mobile phone
- List of current medications
- Medicare Card

### FOR THE INFANT

- Clothing
- Toiletries
- Pram
- Nappies
- Wraps/swaddles
- Medications
- Bottles/bottle brush/teats
- Formula (if required)
- Infant cup (if required)
- Food (if started on solids)
- Bibs
- Green child health record book
- Dummies (if required)

### WE SUPPLY

- Towels/Linen
- Pillows
- Variety of baby toys
- High Chairs
- Meals
- Laundry facilities
- Small safe in room

### PLEASE DO NOT BRING

Plastic bags, cigarettes, glass items or lighters.

## VISITING HOURS

Parents/partners are welcome at all times, provided they are actively involved in the care of the infant and the recovery process.

### All other visitors:

**Monday– Friday:** 2 –8pm

**Weekends :** 10am- 8pm

*Smoke Free*

Bendigo Health is a Smoke Free Hospital. We offer Nicotine replacement therapy and have a Tobacco Treatment Specialist working within the hospital to assist.



Excellent Care. Every Person. Every time.

## WHAT SHOULD I EXPECT?

For the first 2-3 nights of your admission, nursing staff can help with the overnight care of your infant, ensuring you have uninterrupted rest. Thereafter, you will be expected to care for your infant with assistance only as required.

Once admitted, you and your infant will participate in a variety of therapeutic interventions. This will include individual sessions and group programs such as play therapy, rhyme time, mindfulness and circle of security.

The PIU is staffed by :

- Consultant Psychiatrist
- Psychiatric Registrar
- Senior Mental Health Clinician
- Nurses

The unit can refer you to other visiting health professionals specific to your needs during admission.

Each room is equipped with a double bed to allow partners to stay overnight, however this needs to be discussed with staff on the unit during your admission.



## REFERRAL PROCESS

Referrals to the Parent Infant Unit are coordinated by Bendigo Health Psychiatric Triage Service. Yourself, your family, your GP, MCHN or mental health worker can contact the psychiatric triage on 1300 363 788.

Admission to the unit will occur following a referral and assessment by clinical staff to assess need and eligibility.

*“Successful parents are not the ones who never struggle. They are the ones that never give up, despite their struggles.”*



# PARENT INFANT UNIT



CONTACT US

PH: (03) 5454 7765

PSYCHIATRIC TRIAGE: 1300 363 788