

Naamuru Parent and Baby Unit

Information for referrers

Who can refer to Naamuru Parent and Baby Unit?

All referrals are to be via NSW Health mental health services or designated specialist perinatal mental health services.

Referral eligibility criteria:

- A parent with complex and severe mental health problems who is the primary carer for their infant, or infants, under 12 months and not yet walking.
- A woman in late pregnancy who requires admission for complex and severe mental health problems, where it is deemed appropriate.
- Referrals are prioritised according to acuity of mental health problem, age of infant and availability of alternative outpatient management.

Exclusion criteria:

- Primary clinical problem is substance/alcohol abuse or dependence.
- Where the purpose of admission is for assessment of parenting capacity and/or child protection or forensic report.
- There is no capacity to admit acutely unwell infants

Referral process:

1. Complete referral form online at slhd.nsw.gov.au/MentalHealth/referral/
2. All referrals will be discussed with the multi-disciplinary team, Monday to Friday.
3. The Naamuru Parent and Baby Unit Intake team will contact you for further information and if required, an assessment arranged to discuss suitability for admission – depending on circumstances, this may be face to face or via Telehealth.
4. Intake team will inform you of the outcome within 2 business days



To ensure the referral is appropriately prioritised, the intake team may request updates regarding the mental health status of your client and/or to discuss the status of the referral.

If you feel your referral needs more urgent attention, please phone the **intake team** on **02 9515 1666** between 9am and 4pm Monday to Friday.

Waiting for admission

Naamuru are unable to provide care in the 'waiting for admission' period. Parents, children, partners and their families may need ongoing support whilst waiting for admission.

Families who receive appropriate support during their time of waiting may experience less distress and increased coping abilities to manage an emotionally difficult and confusing time with support from local mental health and primary care services.

Contact us

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