

PARENT INFANT UNIT- PATIENT INFORMATION

Parent Infant Unit location

The Parent Infant Unit (PIU) is located on Level 2 of Bendigo Health Hospital. When you arrive, make your way to the front Psychiatric Services reception. Let the friendly reception staff know you have arrived for your admission to the PIU, and one of our team members will come to meet you.

If you are running late or having trouble finding a car park, please don't worry — just give the ward a call on (03) 5454 8563 to let us know.

Parking

There is limited free patient parking at Bendigo Health, and limited street parking also. There are however, three main car parks located at Bendigo Hospital. The basement car park is under the hospital building and accessed via Mercy Street, the multi-storey car park is accessed via Lucan and Arnold Streets and the Stewart Street car park accessed via Stewart Street.

If parking in the multi-storey car park, take the elevator up to level F, walk across the footbridge to the main hospital, which will bring you out to level 2. Car parking is free for the first half an hour, \$2.50 per hour and capped at \$10 maximum per day. We can also help with vouchers to lower the cost of parking once you arrive.

What should I expect?

Once admitted and settled onto the ward, you will be reviewed by a Registrar and Consultant Psychiatrist to discuss your treatment plan.

During your first two nights, you may choose to have staff assist with baby care overnight to give you time to rest and recover. After this, you will take over your baby's overnight care again, with staff nearby to provide support.

As part of your treatment and recovery, you and your baby will participate in a variety of different therapeutic activities. These may include individual and group programs such as, Circle of Security, mindfulness, sensory modulation, a visit from Nelson our therapy dog, among others tailored to your needs.

The PIU is staffed by a Consultant Psychiatrist, Psychiatric Registrar, Senior Mental Health Clinicians, Social Worker, and Nursing staff. We can also refer you to other visiting health professionals as needed during your admission, some of these may include, exercise physiologist, lactation consultants, paediatrician, dietician etc.

Each room includes a double bed, bassinet or cot, and a private bathroom.

Partners are welcome to participate in baby care and therapeutic groups, and overnight arrangements may be discussed with the team during your admission.