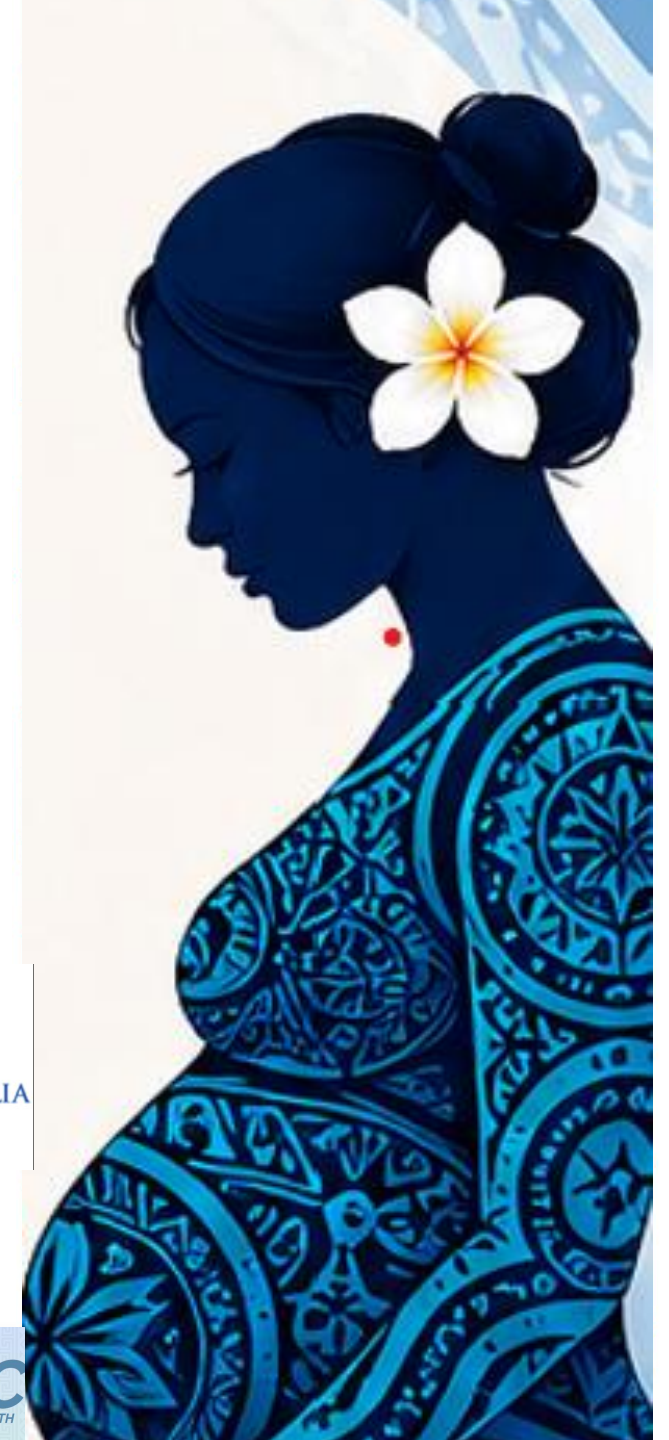


# Pacific Perinatal Mental Health

PSRH Conference, Tonga, September 2026

Ms Brigid Ryan, **Dr Katherine Sevar**, Dr Sefanaia Qaloewai, Dr  
Amanda Noovoo-Hill.

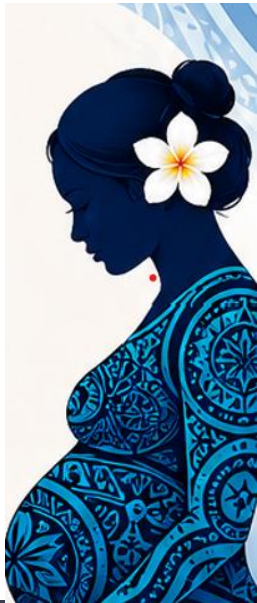
Department of Psychiatry, Faculty of Medicine, Nursing and Health Sciences, Monash  
University



# Pacific Perinatal Project

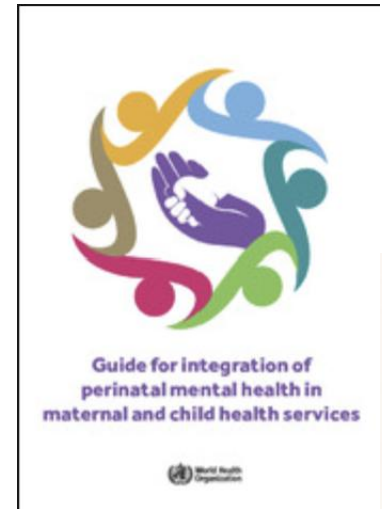
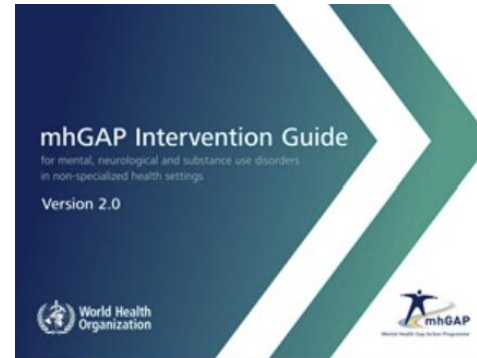
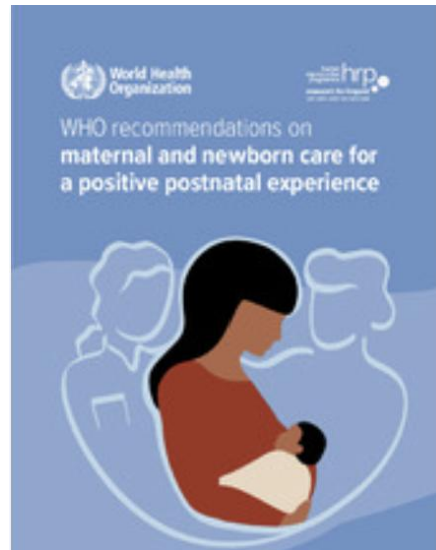


The Royal  
Australian &  
New Zealand  
College of  
Psychiatrists



# Pacific Perinatal Project

Why does mental health matter for women in pregnancy and postpartum across the Pacific?



# Pacific Perinatal Project

Why does mental health matter for women in pregnancy and postpartum across the Pacific?

Fiji, Papua New Guinea, Solomon Islands, Vanuatu, Samoa, Tonga,

➤ **Estimated total births: 312,298**

~ 312,298

births/yr

~ 312 – 624

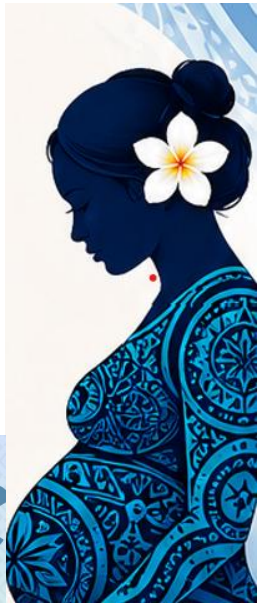
postpartum  
psychosis/year

~ 31,229 – 48,891

postpartum  
depression/year

~ 15,614

perinatal  
PTSD/year



# Pacific Perinatal Project

How to collaborate with healthcare providers across the Pacific in perinatal mental health?

## Project ECHO framework

- OPHELIA project (2020 – 2026)
  - CAMHS: 16 week online training program
- Gender Based Violence (GBV) (2026)
  - Veilomani project – Community of Practice online sessions

Chang, O., Ryan, B., Liebetrau, E., & Robertson, P. (2022). Piloting online training in the Pacific-Ophelia project for child and adolescent mental health. *Asia-Pacific Psychiatry*, 14(2), e12510



# Pacific Perinatal Project

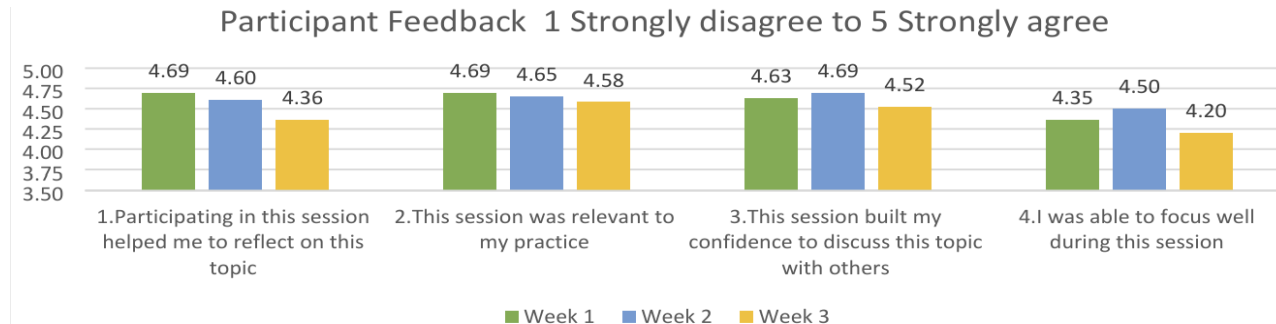
How to work with healthcare providers across the Pacific in perinatal mental health?

OPHELIA (CAMHS) (2020-26)

Project ECHO framework

- Broad representation across Pacific
- New participants each year
- High levels of satisfaction

|                  |          |                 |              |          |       |       |
|------------------|----------|-----------------|--------------|----------|-------|-------|
| American Samoa   | Cambodia | Fiji            | Cook Islands | Kiribati | Nauru | Palau |
| 1                | 4        | 26              | 2            | 3        | 3     |       |
| Papua New Guinea | Samoa    | Solomon Islands | Tonga        | Vanuatu  | Aus   |       |
| 8                | 1        | 3               | 3            | 1        | 3     |       |



Chang, O., Ryan, B., Liebetrau, E., & Robertson, P. (2022). Piloting online training in the Pacific-Ophelia project for child and adolescent mental health. *Asia-Pacific Psychiatry*, 14(2), e12510



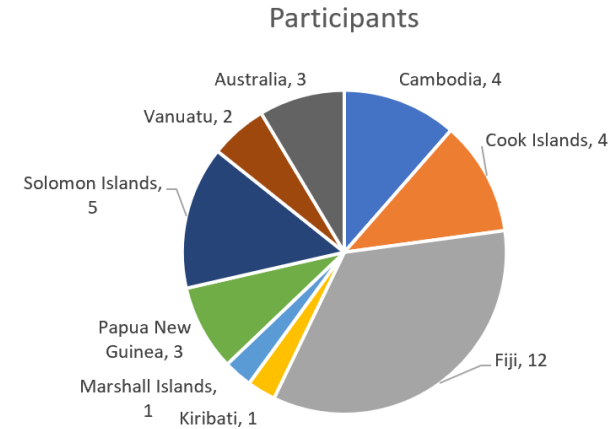
# Pacific Perinatal Project

How to work with healthcare providers across the Pacific in perinatal mental health?

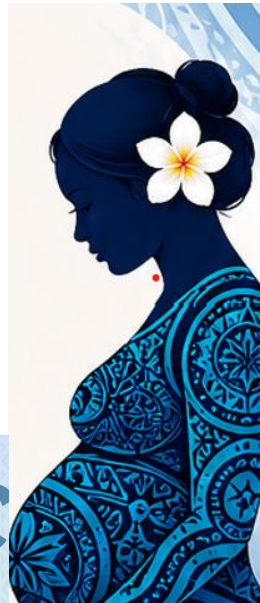
Veilomani

Project ECHO framework

- Broad representation of Pacific countries
- Perinatal mental health services secondary to GBV in pregnancy



| 22 participants via Zoom poll (68% of the group)                                         | Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree | Av   |
|------------------------------------------------------------------------------------------|-------------------|----------|---------|-------|----------------|------|
| This topic was relevant to my work                                                       | 0                 | 0        | 0       | 9     | 13             | 4.59 |
| Participating in this session was helpful to the way that I think about this topic       | 0                 | 0        | 1       | 9     | 12             | 4.50 |
| This session built my confidence to talk about GBV responsive health care more generally | 0                 | 0        | 1       | 13    | 8              | 4.32 |



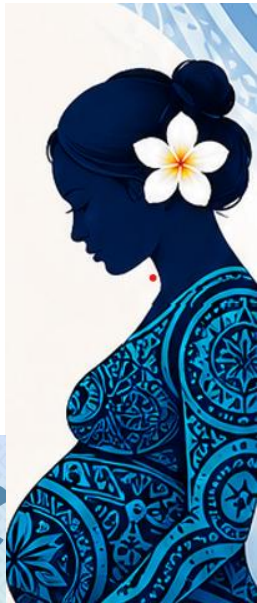
# Pacific Perinatal Project

How to work with healthcare providers across the Pacific in perinatal mental health?

Steering group, pilot online perinatal mental health sessions

Project ECHO framework

- Introduction to perinatal mental health assessment (3 elements)
- Risk and resilience factors for emotional wellbeing in pregnancy
- Approach to screening and assessment of perinatal depression
- Approach to acute behavioural disturbance in pregnancy and postpartum



# Pacific Perinatal Project

Online sessions

Late October

1pm- 2pm (Fiji time)



Thank you! [katherine.sevar@monashhealth.org](mailto:katherine.sevar@monashhealth.org)

