

**Objectives/Background:** The “Day Center for the Care of the Mental Health of Women (Postpartum Disorder)” was established by the Non-profit/Non Governmental Organisation, “Fainareti” in 2008 in Athens, Greece. The purpose of this presentation is to provide an overview of the structure and novel operation of the Day Centre.

**Method:** Standard operating procedure of the Day Center was examined along with the annual reports, officially submitted to the supervising authority: Department of Mental Health, Greek Ministry of Health.

**Results:** The Day Center’s main goal is the early detection (based on the pivotal role of midwives during the perinatal period), and treatment of perinatal mental disorders. Trained midwives, acting as first- wave responders evaluate women for perinatal mental disorders risk factors, emotional or behavioral alterations and direct clients to mental health specialists. The team at Day Center includes 5 midwives, 3 psychologists, 2 psychiatrists, a physical trainer and administrative staff. It has provided an array of perinatal mental health services to over 4.000 pregnant women, new mothers and their families, since its establishment with: a) continuous psycho-education and preparation for parenthood, b) psychotherapy, c) psychiatric evaluation, d) medication treatment, e) continuous follow-up, and f) conditioning through physical training.

**Conclusion:** The Day Centre is the only community mental health setting in Greece, with respect to perinatal mental health, which utilizes a multidisciplinary, psychosocial model for pre and postpartum care.

**Key words (3):** Primary Day Center

**References (minimum of 2):**

1. Buist, A.E, Barnett, B.E., Milgrom, J., Pope, S., Condon, J.T., Ellwood, D. A., & Hayes, B.A. (2002). To screen or not to screen-that is the question in perinatal depression. *Medical Journal of Australia*, 177(7), S101
2. Lee, D.T.S., Chung, T.K.H. (2007). PND: an update. *Best Practice Research Clinical Obstetrics & Gynecology*, 21(2), 183-191