



Helping out mentally

PIONEERING mental health services for mothers of newborns has earned veteran nurse Marion Stein the inaugural Mental Health Nurse of the Year award.

Bestowed by the Australian College of Mental Health Nurses (ACMHN), the accolade recognises the Karitane NSW nurse's 30 years of experience in the field of perinatal and infant mental health.

Based at Carramar, her practice covers maternal, infant and family mental health issues.

After working in aged

HEALING HANDS

■ **WHAT:** Inaugural Mental Health Nurse of the Year award

■ **WHO:** Karitane nurse of 30 years Marion Stein

■ **RECOGNISES:** Outstanding service in mental health care

care from the age of 19 to acute care and rehabilitation, Ms Stein specialised in perinatal care 16 years ago when she was part of a team that formed to introduce early intervention.

"I've seen mothers the

second time around as the result of being aware of antenatal care, they said their second pregnancy was more enjoyable and that was very rewarding to hear that," she said.

Ms Stein said awareness of mental health issues had increased dramatically since her career began "from the early days of convincing people to recognise the impact postnatal depression ... to today, where the problem of perinatal and infant mental health receives due attention".



Karitane nurse Marion Stein has been named the inaugural winner of the Mental Health Nurse of the Year award.