



iCOPE Digital Screening



Patient Information

Having a baby is a time of huge change. To help you to be able to identify how you're coping, it's recommended that all expectant and new parents are offered free, confidential emotional and mental health screening.

Just like routine screening for physical conditions such as blood pressure or diabetes, this helps us to identify if you are at risk of possibly experiencing symptoms that may require further support or treatment.

Screening is easy and quick, and simply involves asking you to complete a number of questions via an SMS link on your mobile phone, or on an iPad supplied by your healthcare provider.

How long will it take?

The average time to complete the questions is 4-6 minutes. Depending on the service where you are receiving your care, you may be asked to complete the questions at home using your mobile phone, or in the waiting area or consultation room.

Do I get my results?

Yes. If you'd like to receive a copy of your results with an explanation of what your responses mean, you can request a copy of your report when completing the questions. You can nominate to receive this report via email or SMS.

Who else sees my results?

As with other medical assessments, your health professional will also have access to your results. This will help them talk you through what your responses mean and identify if you may benefit from further support.

Is the data secure?

Yes. Patient data security is our highest priority. All data is collected and stored in a secure network within Australia and can only be accessed by your registered health professional. No data is stored on shared iPads.

If you have any questions regarding the screening or your results, please talk to your health professional. If you have any queries about our system, please email icope@cope.org.au