

Woman in **CRISIS** needs urgent emergency assessment and care

Referral can be made by the woman or anyone (whānau/family, health professional that has concerns)

Is the woman an inpatient?

Referral by Obstetric team to Psychiatric consultation services (CHCH Hospital) **03 378 6615** Fax: ext.86611 (internal)

Is the woman in the community or at home?

Woman presents at Emergency Psychiatric Service via Christchurch Hospital Emergency Department
or contact Christchurch Specialist Mental Health Service – **Crisis Resolution team**

CHRISTCHURCH AREA	Business hours (8.00 am to 4.30 pm)	0800 920 092
	After hours and weekends	0800 920 092
ASHBURTON AREA	Business hours (8.00 am to 4.30 pm Monday to Friday)	0800 222 955
	After hours (4.30 pm to 8.00 am Monday to Friday, or any time on weekends)	0800 222 955

Woman needs **REFERRAL** for clinical assessment and treatment/support of MMH

*Referral by health professional or *self-referral for previous MMH, concern in current pregnancy or postpartum*

*General Practitioner (GP)

CANTERBURY

Health professional refers to GP, or **woman may self-refer**, for physical, mental health risk assessment and medication review. GP refers to other health or support services as appropriate.

Mothers and Babies Mental Health Service

SOUTH ISLAND

Outpatient: GP/Consultant referral for known or suspected complex-moderate or severe mental illness, family history of severe postnatal illness or planning a pregnancy and has a personal or family history of severe mental illness or complex mental health issues.

Inpatient unit: referral from Crisis Resolution/consult liaison/Mothers and Babies outpatients.

Pegasus PHO, Christchurch PHO Waitaha Primary Health

CANTERBURY

GP referral to provide brief interventional therapy, advice, referral to other mental health agencies/NGOs for ongoing support and support if needed for referral onto Secondary Mental Health Service.

Ngā Taonga Pēpi (formerly Methadone in Pregnancy Service)

CANTERBURY

GP or LMC referral to obstetrician ideally in the first or second trimester and referral to Ngā Taonga Pēpi via the Antenatal Clinic for ongoing pregnancy care.

Central Coordination Service – Alcohol and Other Drugs (CCS–AOD)

03 338 7427

CANTERBURY

GP or community agency referral or woman may self-refer via telephone or drop into the centre for assessment, treatment and support services.

Community Support Services Access Pathway (CAP)

03 377 7020

CANTERBURY

GP referral to single point of entry for several Mental Health Community Support Services for Canterbury.

Plunket Postnatal Adjustment Programme (PPNAP) (Maternal)

03 365 1646

CANTERBURY

Free home visiting and clinic-based service. Provide assessment and support/intervention for women and their families who may be experiencing distress or depression/anxiety.

Available to women and their families in the Perinatal period.

Cut-off age 2 years for Māori whānau, 12 months for all others.

Plunket Parent and Infant Relationship Services (PPAIRS) (Infant)

03 366 0765

CANTERBURY

Offer relationship-based parenting programmes, these are criteria based.

*Purapura Whetu

03 379 8001

CANTERBURY

Health professional referral or woman may self-refer. Kaupapa Māori organisation offering mental health and social services for whānau. All services are free.

*He Waka Tapu

03 373 8150 or 0800 HE WAKA (439 252)

CANTERBURY

Health professional referral or wāhine to self-refer either in person to reception or phone enquiry to the community team for support to refer. Kaupapa service for whānau that provides screening and assessment within a range of health and social services for Māori whānau and community.

Woman needs REFERRAL for clinical assessment and treatment/support of MMH

Referral by health professional or *self-referral for previous MMH, concern in current pregnancy or postpartum

*Etu Pasifika – Pacific service **03 365 1002** CANTERBURY

GP/LMC referral or woman may self-refer for assessment, treatment and support services.

*Ashburton Community Alcohol and Drug Service (ACADS) **03 308 1270** ASHBURTON

GP/LMC referral or woman may self-refer for assessment, treatment and support services.

*Early Start Project **03 365 9087** CHRISTCHURCH

GP/LMC referral or woman may self-refer for assessment, treatment and support services.

Is the woman an inpatient? Social Work Department CHRISTCHURCH WOMEN'S HOSPITAL

Refer via Allied Health Referral – CWH Inpatients **Fax referral: ext.81139** (internal)

Woman needs community SUPPORT for maternal mental health

Referral can be made by the woman or anyone (whānau/family, LMC/health professional)

PIPS (formerly Pregnancy Help Canterbury) **03 385 0556** CANTERBURY

Provide drop-in support and services, available for all. All services free including: baby and maternity clothes, other baby items, equipment loans, pregnancy testing, DHB safe sleep Pēpi-pod® distributor, Bumps & Bubs Support group and courses, e.g. Red Cross Infant CPR & Choking.

Perinatal Wellbeing Canterbury CANTERBURY (MAINLY CHRISTCHURCH)

Referral can be made by health professional, support organisations, whānau, friends or self-referral. Online referral preferred via website <http://pndcanterbury.co.nz/contact-us>. Home visit to assess best support needs and referrals if required. Provide playgroup for under 5s (cost \$2), free facilitated support groups (20 week programme), drop-in antenatal support group and fathers support group and online support page.

Mothers Supporting Mothers **020 4182 0346** NORTH CANTERBURY

Facilitated support meetings every Friday morning (except public holidays and between Christmas and New Year) 10.00am to midday, McAlpine Room in the War Memorial Hall, on the corner of Albert and High Streets, Rangiora. A childminding service on site to enable mothers to attend the group sessions.

Bellyful www.bellyful.org.nz **0508 BELLYFUL** CANTERBURY

Deliver free, pre-cooked frozen meals to the family and provide enough meals to feed the family for 3 nights. Referral via webpage or phone.

Criteria: new baby OR there is a member of the family dealing with a serious illness (this includes maternal mental health) AND the family doesn't have any other support available to help them with meals.

SANDS Canterbury Incorporated **03 347 4881** CANTERBURY

karlenakelliher@gmail.com jackie.plimmer@canterbury.ac.nz

Parent-run, non-profit groups supporting families who have experienced the death of a baby. Monthly support meetings, phone support, closed online chat forum (Sands NZ), Monthly newsletters, library books
Memorial services and memory boxes.

St John of God Hauora Trust **03 386 2159** CANTERBURY

Provide a range of support services and health and wellbeing programmes for youth and young parents.

*HELP LINES AVAILABLE 24 HOURS A DAY 7 DAYS A WEEK

Lifeline	0800 543 354
Samaritans	0800 726 666
Depression helpline	0800 111 757
173, need to talk?	0800 1737 1737
Suicide Crisis Helpline	0508 828 865