

Maternal Mental Health



Friday 1 December, 0800-1700

Manawa Education Centre, Antigua St, Room 314

- Maternal Mental Illness is a growing and concerning issue in New Zealand.
- 2-3 out of 10 perinatal deaths each year are due to suicide.
- The Perinatal and Maternal Mortality Committee (PMMRC) (2019) recommends better support for women and better access to essential mental health services.

Come and join us at this full day workshop with multidisciplinary speakers including:

Annette Beautrais: Suicide prevention Coordinator

Jo Millar, Bridget Lynch & Maria Browne: Plunket Parent and Infant Relationship Service (PPAIRS) & Plunket Postnatal Adjustment Programme (PPNAP)

Erin Manning: Perinatalwellbeing.org.nz

- All members of the healthcare team are welcome to attend including midwives, nurses working in maternity care, obstetric medical staff, GP's and social workers.
- 8 Hours approved Continuing Education (approved by Midwifery Council for midwives' recertification programme)

Booking information:

Please book via the **healthLearn** website: www.healthlearn.ac.nz or email education.mat@cdhb.health.nz or phone 364 4730 (internal extension 85730) .

CDHB maternity staff please submit a course conference form to your line manager at least 6 weeks prior to the course if you are requesting paid education leave.

No registration fees.