

Maternal Mental Health Support and Advice

Often parents feel anxious or just need someone to talk to. Are you feeling down or a bit overwhelmed? Are you, or someone you know, feeling out of sorts or depressed? It's okay to feel this way. Reach out to any of the following for free advice and support.

NON-CLINICAL SUPPORT

Perinatal Wellbeing Canterbury	perinatalwellbeing.org.nz support@perinatalwellbeing.org.nz	021 131 4352
PIPS – Pregnancy Infant Parenting Support	www.pips.co.nz	03 385 0556
Sands Canterbury – Pregnancy, Baby and Infant Loss Support	sands.canterbury@xtra.co.nz	027 449 1019
St John of God Hauora Trust		03 386 2159
Help lines 24/7	1737, need to talk?	0800 1737 1737
	Depression helpline	0800 111 757
	Healthline	0800 611 116
	Lifeline	0800 543 354
	PlunketLine	0800 933 922
	Samaritans	0800 726 666
	Suicide Crisis Helpline	0508 828 865

CLINICAL SUPPORT (self or whānau referral)

General Practitioner (GP)	
Central Coordination Service – Alcohol and Other Drugs	03 338 7427
Community Support Services Access Pathway (CAP)	03 377 7020
Etu Pasifika – Pacific service	03 365 1002
He Waka Tapu	03 373 8150 or 0800 HE WAKA (439 252)
Purapura Whetu Trust	03 379 8001
Te Puawaitanga ki Ōtautahi Trust	0800 66 99 57
Ashburton Community Alcohol and Drug Service (ACADS)	03 308 1270
Plunket Perinatal Adjustment Programme (PPNAP) – maternal	027 295 8157
Plunket Parent and Infant Relationship Services (PPAIRS) – infant	027 295 8157

Chat to your health provider (GP, LMC, Tamariki Ora) who will be able to let you know about other support services they can refer you to for support

P

PEAK PATTERN

Baby's crying should peak around 2 months of age, then start to decrease

U

UNPREDICTABLE

Baby's crying can come and go for no reason

R

RESISTS SOOTHING

Baby may keep crying no matter what you do to try to soothe them

P

PAIN-LIKE FACE

Baby may have a pain-like look on their face

L

LONG LASTING

Baby's crying can go on for hours

E

EVENING

Baby cries more in the afternoon and evening

The period* of 'PURPLE crying' refers to a time period when some babies begin crying more and may be hard to settle.

<https://www.kidshealth.org.nz/crying-in-babies/purple-crying>

*means the crying has a beginning and an end

Health New Zealand
Te Whatu Ora