

# Social Work Service

## Patient Information — Maternity Services

**A service available to women and their families using Maternity services at Christchurch Women's Hospital.**

### Introduction

Pregnancy and childbirth can bring many changes for women and their families. There will often be decisions to be considered and arrangements to be made.

For many women, pregnancy can involve re-examining priorities and future plans. We can help you explore your options and put you in touch with support and practical resources.

For some women hospital admission and/or obstetric procedures may bring back unpleasant memories of past experiences. It may be helpful to talk about these with us before admission.

For some women and their families this will be a time of loss. Social Workers have an understanding of grief and grieving. We can offer support and information while you are in hospital, we can also offer follow up.

### Our aim:

We aim to provide a free, confidential, professional service for Maternity Service patients and their families.

We are accountable for the quality of our service through our Clinical Manager and Team Leader, and memberships to SWRB and ANZASW.

### Our services

#### We provide:

- support
- information
- referral to community agencies
- referral to statutory agencies
- decision-making assistance
- advocacy
- brief counselling

### When can you use our services:

We offer our service to women and their families before, during and after their hospital admission.

In most situations we are able to work with pregnant women and their families from conception until six weeks postpartum.

In situations of pregnancy loss, stillbirth or birth

trauma, support can continue as long as is necessary.

### Discussion topics:

We are available to discuss a wide range of issues including:

- decision-making
- where to get information and support
- relationship difficulties
- stress management
- practical matters
- coping with obstetric difficulties
- anxiety and depression
- grief responses
- family violence
- parenting support

### Possible circumstances where our services can provide support and guidance:


- termination of pregnancy
- previous or current obstetric complications
- fetal abnormality
- birth trauma
- stillbirth and infant death
- adoption and fostering
- anger management
- family or relationship breakdown
- family violence
- sexual, physical or emotional abuse
- disability
- practical assistance
- liaison/co-ordination of care

### Contact us:

We welcome you to make contact with us directly.

### Social Work Service

42 Stewart Street, Christchurch  
Monday to Friday 8:00am - 4:30pm

 (03) 364 0420

Fax No: (03) 364 1139

For more information about:

- your health and medication, go to [www.healthinfo.org.nz](http://www.healthinfo.org.nz)
- hospital and specialist services, go to [www.cdhb.health.nz](http://www.cdhb.health.nz)