

# Maternal Mental Health (MMH) Pathway

## REFERRAL AND SUPPORT SERVICES IN WAITAHA CANTERBURY

Te Whatu Ora

Health New Zealand

Waitaha Canterbury

### CRISIS

**Woman needs urgent assessment and care for severe MMH**

*Referral 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**

#### **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 0800 920 092**

(8.00am to 4.30pm)

**After hours and weekends 0800 920 092**

#### **ASHBURTON AREA**

**Business hours 0800 222 955**

(8.00am to 4.30pm Monday to Friday)

**After hours and weekends 0800 222 955**

(4.30pm to 8.00am Monday to Friday, or any time on weekends)

### CLINICAL

**Clinical assessment/treatment for complex-moderate to severe MMH**

*Referral by health professional for previous MMH, concern in current pregnancy or postpartum (as defined by each service)*

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.

### CLINICAL

**Clinical support for moderate to complex-moderate MMH**

*Referral by health professional or self-referral for previous MMH, concern in current pregnancy or postpartum (as defined by each service)*

Plunket Postnatal Adjustment Prog. (PPNAP) (Maternal) CANTERBURY  
**03 365 1646**

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) CANTERBURY  
**03 366 0765**

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

### NON-CLINICAL

**Community support/treatment for mild to moderate MMH**

*Referral by the woman or anyone (whānau/family, LMC/health professional) who has concerns*

Perinatal Wellbeing Canterbury CANTERBURY (MAINLY CHRISTCHURCH)  
[perinatalwellbeing.org.nz](http://perinatalwellbeing.org.nz) **021 131 4352**  
[support@perinatalwellbeing.org.nz](mailto:support@perinatalwellbeing.org.nz)

Providing community-based peer support for parents in Canterbury experiencing a decline in mental wellbeing relating to, or resulting from, pregnancy, childbirth, and parenting within the first 2000 days (Pregnancy to 5 years). Peer support is provided in person at our Wellbeing Groups and online for parents for ongoing support.

We can also help with advocacy and liaison with other supports and families if needed. Online referral preferred via [perinatalwellbeing.org.nz/contact-us/referral-for-support](http://perinatalwellbeing.org.nz/contact-us/referral-for-support).

See over page for more support options for referrals, support and advice

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## OTHER CLINICAL AND NON-CLINICAL SUPPORT

### CLINICAL SUPPORT

**Referral by health professional or \*self-referral for previous MMH, concern in current pregnancy or postpartum (as defined by each service)**

**\*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.

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

**03 338 7427**

**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.

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

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

**\*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.

**\*Purapura Whetu Trust** **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.

**\*Te Puawaitanga ki Ōtautahi Trust** **0800 66 99 57** 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.

**Is the woman an inpatient?** SOCIAL WORK DEPARTMENT, CHRISTCHURCH WOMEN'S HOSPITAL

Refer via Allied Health Referral – CWH Inpatients

Referral to: [ChristchurchWomensHospital.SocialWork@cdhb.health.nz](mailto:ChristchurchWomensHospital.SocialWork@cdhb.health.nz)

### NON-CLINICAL SUPPORT

**Referral by the woman or anyone (whānau/family, LMC/health professional) who has concerns**

**PIPS – Pregnancy Infant Parenting Support** **03 385 0556** CANTERBURY

[www.pips.co.nz](http://www.pips.co.nz)

Provides free, non-judgmental, client-focussed practical and emotional support during pregnancy and early parenting. Services include: pregnancy testing, free practical support (essential maternity and baby items) safe sleep pēpi-pod and manuka beds, equipment loans (baby capsules + bassinets), Bumps + Bubs weekly support group, breastfeeding support, Red Cross infant CPR + choking courses. No referral needed to access services.

**Sands Canterbury – Pregnancy, Baby and Infant Loss Support** CANTERBURY

[sands.canterbury@xtra.co.nz](mailto:sands.canterbury@xtra.co.nz) **027 449 1019**

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

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

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