

Perinatal Mental Health Pathway

REFERRAL AND SUPPORT SERVICES

N.B.: The term 'woman' is used in this document but it also applies to any parent or primary caregiver.



| ADVICE | SUPPORT | REFERRAL | CRISIS |
|---|---|---|--|
| For Health Professionals | Community Support & Treatment | Clinical Assessment & Treatment | Urgent Clinical Care |
| I need ADVICE about mental health/addiction for pregnant/postnatal woman | Woman needs community SUPPORT for mild to moderate mental health needs | Woman needs REFERRAL for assessment & treatment for moderate to severe mental health needs | Woman in CRISIS needs urgent assessment & care for severe mental health needs |
| Definition: Unsure of most appropriate services, whether to refer to secondary services | Definition: EPDS# 13 – 17 OR EPDS# <13 but clinical picture indicates need | Definition: EPDS# >17 OR clinical picture indicates need | Definition: Risk of harm to self, baby or others |

EPDS = Edinburgh Postnatal Depression Scale.

ADVICE: I need advice about mental health/addiction for a pregnant/postnatal woman

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| - Lakes DHB Mental Health Triage Team | Lakes Area | Email: mhtriage@lakesdhb.govt.nz | 07 343 7756 |
| - Manaaki Ora Tipu Ora | Rotorua | Email: referralhub@manaakiora.org.nz | 0800 348 2400 |
| - Manaaki Ora Te Utuhina | Rotorua, Taupo & Turangi | Email: tu_admin@manaakiora.org.nz | 07 348 3598 |
| - Tuwharetoa Health | Taupo & Turangi | Email: tgireception@tuwharetoa.co.nz | 0800 942 7454 |
| - ARC Counselling Service | Taupo & Turangi | Email: manager@arctpo.co.nz | 0800 227 5272 |
| - Helplines - see over page | | | |

SUPPORT: Community support & treatment for mild - moderate mental health needs Referral by health professional or self-referral (indicated by *) for concern in pregnancy/postpartum

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| * General Practice | LAKES DISTRICT | | |
| - General Practitioner (GP): for physical and mental health assessment and treatment. GP may refer to other health or support services if required. | | | |
| - Health Improvement Practitioner (HIP): experienced mental health professional able to see anyone registered with the GP for any issue related to mental wellbeing. Can see same day, free service. | | | |
| Manaaki Ora Tipu Ora – Family Start | ROTORUA | | |
| Home visiting programme focusing on achieving positive outcomes for children by strengthening whanau and utilising new ways of managing difficulties. For women who are pregnant, child under 1 year of age or is experiencing difficulties. Email: referralhub@manaakiora.org.nz | 0800 348 2400 | | |
| Manaaki Ora Tipu Ora / Kia Puawai - Start Well & Kia Mama Service (CPMH) | ROTORUA | | |
| Nurses & Kaitiaki providing support to hapu mama pre and post birth when parent is at risk of, or is experiencing, mental wellbeing challenges. Start Well is education for first time parents. For women who are pregnant or child under 1 year of age. Email: referralhub@manaakiora.org.nz | 0800 348 2400 | | |
| Manaaki Ora Tipu Ora – Tiaki Whanau & Teen Parent Service | ROTORUA | | |
| Nurses & Social Workers, Nan and Auntie providing wrap around whanau led care focusing on mental wellbeing support for parents (21 years and under) and whanau during pregnancy until pepi is 2 years old (including still birth). Email: referralhub@manaakiora.org.nz | 0800 348 2400 | | |
| Manaaki Ora Te Utuhina – Addiction Treatment Services | ROTORUA, TAUPO, TURANGI, MANGAKINO | | |
| Rotorua: Counselling & group programmes for anyone (incl. whanau) affected by alcohol, substance use or gambling. A service for 12-24 years also available. Cultural and peer support options. Taupo etc.: Support for gambling only. Email: tu_admin@manaakiora.org.nz | 07 348 3598 0800 646 624 | | |
| *ARC Counselling Service – Drug & Alcohol Support | TAUPO, TURANGI, MANGAKINO | | |
| Counselling for the broader issues of substance mis-use, abuse and dependency. Provides support for individuals, couples and family/whanau. Has a Hapu Māmā group. Free service. Mon – Fri 9.00am – 3.30pm Email: manager@arctpo.co.nz Web: www.arccounsellingservices.com | 0800 227 5272 | | |
| *Tuwharetoa Health – Community Perinatal Mental Health Service (CPMH) | TAUPO & TURANGI | | |
| Support during pregnancy and post-partum (up to 1 year) when experiencing, or at risk of experiencing, mental wellbeing challenges. Email: tgireception@tuwharetoa.co.nz | 0800 942 7454 | | |
| *Tuwharetoa Health – Family Start | TAUPO & TURANGI | | |
| Home visits to strengthen parent/caregiver skills & support child development, health, education and safety. Free, refer from 2 nd trimester to 1year post-partum. Email: tgireception@tuwharetoa.co.nz | 0800 942 7454 | | |
| *Positively Pregnant | LAKES DISTRICT | | |
| A free NZ based app. to help women find resources and strategies that work for them and their family to stay healthy and happy. Website: www.positivelypregnant.org.nz | | | |

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| SUPPORT: | Community support & treatment for mild - moderate mental health needs <i>Referral by health professional or self-referral (indicated by *) for concern in pregnancy/postpartum</i> |
| *SANDS New Zealand | ROTORUA & TAUPO Parent-run support for families who experience the death of a baby in pregnancy, birth, a newborn or other reproductive loss. Opportunity & environment to share experiences, to talk and to listen. - Rotorua – No monthly meetings. Phone, online & one on one contact for support. 027 374 7338 - Taupo - Monthly meetings, phone & online support. Website: www.sands.org.nz 027 242 5533 |
| *Pregnancy Help | TAUPO, TURANGI, MANGAKINO, BROADLANDS, REPOROA A free, confidential service supporting the wellbeing of pregnant and recently pregnant women, parents, caregivers and their families/whanau by providing information and practical support. 07 377 6071 |
| *Bellyful | TAUPO Deliver free, pre-cooked frozen meals for families with a new baby/young children or serious illness (includes maternal mental health) who have no other support available to help with meals. Referral via the webpage, email or phone. Website: www.bellyful.org.nz Email: contact@bellyful.org.nz 0508 BELLYFUL 0508 235 5938 |
| Social Worker - if woman is an inpatient | LAKES DISTRICT Complete referral form, place in Social Work tray. Email: WCFSocialWorkers@lakesdhb.govt.nz |

HELPLINES – AVAILABLE 24 HOURS A DAY, 7 DAYS A WEEK

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|---------------------------------------|--------------------------------------|
| 1737, Need to Talk | Free call or free text - 1737 |
| Plunketline | 0800 933 922 |
| Lifeline | 0800 543 354 |
| Depression Helpline | 0800 111 757 or Text 4202 |
| Anxiety New Zealand | 0800 269 4389 (0800 ANXIETY) |
| Samaritans | 0800 726 666 |
| Suicide Crisis Helpline | 0508 828 865 (0508 TAUTOKO) |
| Pregnancy Counselling Services | 0800 773 462 (0800 PREGNANT) |
| Alcohol Drug Helpline | 0800 787 797 |

For additional services see: Perinatal Anxiety & Depression Aotearoa: <https://pada.nz/new-zealand-websites/>

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| REFERRAL: | Clinical assessment & treatment for moderate to severe mental health needs <i>Referral by health professional or self-referral (indicated by *) for concern in pregnancy/postpartum</i> |
| * LDHB Adult Community Mental Health & Addiction Services (Te Ngako) | ROTORUA The Perinatal Mental Health Team provides support to pregnant women, mothers with mental health issues. The multi-disciplinary team (MDT) discuss treatment options and may refer onto other services. Complete Referral Form Email: mhtriage@lakesdhb.govt.nz 07 343 8781 |
| LDHB Primary Mental Health Intervention Service (PRIMHIS) | ROTORUA Use psychological brief interventions ('Talking Therapies') to help people cope with mild to moderate mental health concerns. Specific therapies to help problem solve and look at different ways of thinking, feeling and behaving. Complete Referral Form Email: PRIMHIS@lakesdhb.govt.nz 07 349 7971 |
| * LDHB Adult Community Mental Health & Addiction Services (Ruia Te Huia Oranga) | TAUPO, TURANGI, MANGAKINO The Perinatal Mental Health Team provides support to pregnant women, mothers with mental health issues. The multi-disciplinary team (MDT) discuss treatment options and may refer onto other services. Complete Referral Form Email: cmh&astaupo@lakesdhb.govt.nz 07 376 1099 |

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| CRISIS: | Woman needs urgent assessment and care for severe mental health needs <i>Referral can be made by anyone who has concern: e.g. woman, family/whanau, health professional</i> |
| Woman is an inpatient | ROTORUA & TAUPO Refer to the Mental Health Consult Liaison, emailing referral form. If urgent, contact Consult Liaison Registrar via switchboard. For out of hours' review contact Psychiatry Registrar via switchboard. Complete Referral Form Email: MHConsultLiaison@lakesdhb.govt.nz |
| Woman is at home, in the community | LAKES DISTRICT Contact Acute Response Team (ART) – 24-hour service 0800 166 167 Menu options will direct your call to the most appropriate service or to a Registered Mental Health Professional who will assess the situation and determine with you the service required. N.B.: If immediate risk of harm to self, baby or others please phone Emergency Services on 111. |

Acknowledgement: CDHB for document format.

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