



Perinatal Mental Health Service

Perinatal Mental Health is a team of experienced health professionals skilled in helping mothers with mental health conditions related to having a baby.

We are part of the services provided by Mental Health and Addictions Service at Waikato District Health Board.

Who are we?

Our specialised team offers assessment, treatment and advice for women who have developed mental illness or have had previous mental illness during the perinatal period (during pregnancy or up to one year after the baby is born).

Our team consists of mental health nurses, social worker, psychiatrist, clinical psychologist and occupational therapist with specialist knowledge and experience in this field.

Who do we see?

Women (of any age) who are experiencing moderate to severe mental health illness in pregnancy and postpartum

Significant maternal distress related to second trimester termination, birth trauma and / or a still born loss

Women wanting pre conception counselling

Women with previous mental illness, birth trauma

Provide a consultative secondary service to women who are current clients of other Mental Health & Addiction services

Where do we go?

We provide a level of service throughout the Waikato District Health Board.

How can we help?

Mothers and babies exist as a unit – one cannot be considered without the other. We work with women, their partners and family/whānau, as well as the services and health providers involved in their care.

Treatment options are tailored to meet individual/family needs and include:

- Engagement of the mother, infant and family
- Specialist assessment (including risk assessment, and cultural assessment where appropriate), diagnosis and intervention with specific attention to the mother/infant relationship
- Screening of the health of the infant and appropriate referrals to address any problems identified
- Assessment of family functioning and the impact of this on the mother/infant relationship
- Cultural supports as identified in the cultural assessment
- Relapse prevention and promotion of mental health wellbeing with a recovery focus
- Group interventions
- Education about mental health symptoms
- Psychological therapy
- Medication
- Referral and liaison to other services as required

Referral process

Referrals are accepted from a variety of sources including:

Self-referrals including family & friends with client's consent

Primary health providers:

- general practitioner's (GP's)
- Plunket nurses
- midwives

Secondary health providers:

- obstetricians
- ante/post-natal services
- mother craft and new born unit

All referrals to the Waikato DHB Perinatal Mental Health Service will be triaged by the adult mental health triage team who will make contact with the client to complete a telephone triage assessment.

Once accepted into the service, the referral will be sent to the perinatal mental health team and allocated at the next referral meeting where an initial appointment by one of the team will be made.

Referrals can be sent to the AMHS Triage via:

Fax: 0800 500 105

Phone: (07) 834 6902

Email: AMHASTriage@waikatodhb.health.nz

Post: Private Bag 3200, Hamilton 3240

Referrals for Kaupapa Maori Maternal Mental Health Services for clients within Hamilton, Ngaruawahia and Huntly can be sent directly to:

Hauora Waikato via Ngaa Ringa Awhina

PO Box 1047

Waikato Mail Centre

Hamilton 3240

Phone: 0800 999 903 or 07 839 5146 Fax: 07 839 5147.

Appointments

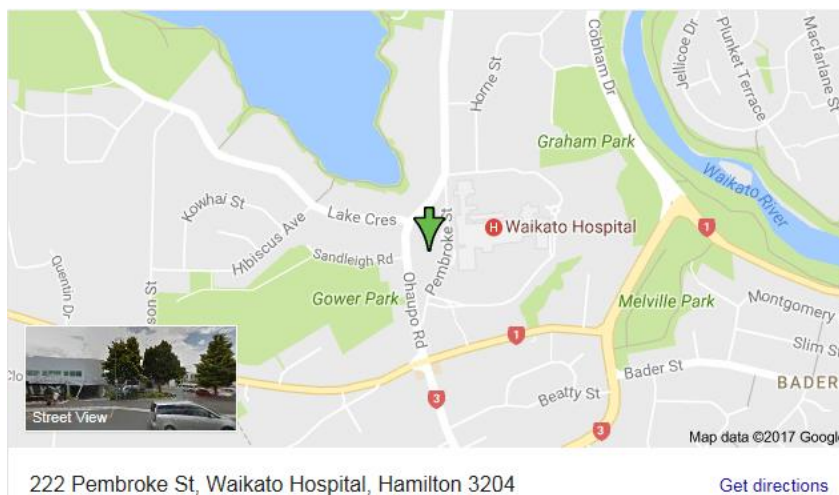
Appointments are undertaken at 222 Pembroke Street, Hamilton, at the clients' home, or at another mutually agreed venue.

New appointments can take up to one to two hours; follow up appointments 30 minutes to one hour. Women are welcome to bring their babies, other family/whanau members and other support people as desired.

PMHS Contact details:

Perinatal Mental Health Service 222 Pembroke Street Private Bag 3200 Hamilton 3240

Phone: 07 858 0924 Fax: 07 858 0926



**We do not provide an urgent / crisis service and if the situation is urgent, please contact:
Crisis Assessment & Home Treatment Team on 0800 50 50 50**