

Mental Health Tips for New Mothers

- ⇒ Keep a diary of your thoughts and feelings
- ⇒ Have a simple thing to look forward to every day
- ⇒ Pick a trusted support person that will ring you each day
- ⇒ Listen to some relaxing music at least once a day
- ⇒ Plan some time out just for you

Ask yourself each day:

“When Did I Last Laugh?”

Feedback

If you have a complaint or compliment about the service you are receiving please contact:

Your Key Worker, **or**

The Maternal Mental Health Team Manager, **or**

The Administration Officer, Southern DHB
Quality, Risk and Education Department.
Phone: 03 214 5738, **or**

Health and Disability Advocacy Service
Phone: 0800 377 766

Contacts

Maternal Mental Health Service

Address: Southern DHB Mental Health,
Addictions and Intellectual
Disability Service
Southland Hospital
Elles Road
P.O.Box 828
Invercargill 9840

Phone: (03) 214 5786

Freephone: 0800 44 33 66

Web: www.southerndhb.govt.nz

If you are in a crisis and need urgent assistance please phone the Southland Mental Health Emergency Team who provide 24 hour a day, 7 days a week service on:

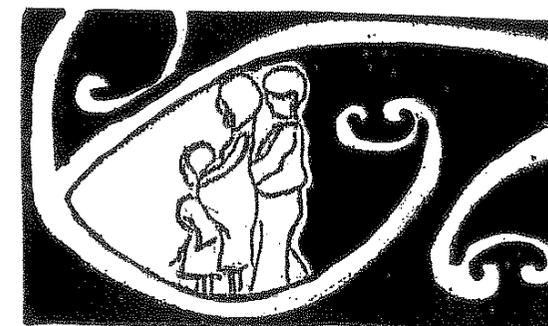
0800 467 846

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MENTAL HEALTH, ADDICTIONS & INTELLECTUAL DISABILITY SERVICE

Maternal Mental Health Southland Ropu Wairangi



**Monday to Friday
8.30am - 5.00pm**

“Better Health, Better Lives, Whanau Ora”

The Service

The Southland Maternal Mental Health Team provides a free service to the Southland district. This service is available to all women who have a known or suspected mental health disorder, during pregnancy and for one year following birth.

The service provides quality care for Women who may be experiencing difficulties relating to mental health (baby and family/whanau), throughout her antenatal, birth, and postnatal experience, which promotes respect, dignity and acceptance within the community and promotes optimum mental health for mother.

To assist with your recovery we also access:

- ⇒ Psychiatrists
- ⇒ Obstetricians
- ⇒ General Practitioners
- ⇒ Social Workers
- ⇒ Psychologists
- ⇒ Occupational Therapists
- ⇒ Counsellors
- ⇒ Cultural Support Worker
- ⇒ Consumer and Family Advisors
- ⇒ Needs Assessors
- ⇒ Dietitian
- ⇒ Community Agencies

Referrals

These can be received from your GP, self, Midwife, Community Mental Health Team and other health professionals.

Assessment and Treatment

- ⇒ Once your referral has been accepted an assessment will be completed and a treatment plan will be developed with you and your family/significant others, with a focus on your strengths.
- ⇒ You are welcome to have a support person or we can arrange to have a Maori Health Worker present for Tangata Whaiora.
- ⇒ If there is any change in your health/situation please inform your key worker.
- ⇒ If you are unable to attend an appointment, please let us know as soon as possible.
- ⇒ It is essential that people do not present for appointments under the influence of alcohol or non-prescribed drugs.
- ⇒ Home visits are an option or at a place of your choice.
- ⇒ Support and education are provided to consumers,

Discharge from the Service

Regular reviews of individual progress are held and where applicable discharges are planned to ensure sufficient support is available in the community.

Recognising the Signs

If you feel you may be suffering from post-natal depression there are four initial things you can do:

- ⇒ Acknowledge to yourself that you are suffering
- ⇒ Tell someone
- ⇒ Decide to seek help
- ⇒ Find out how to help yourself

Self Help Websites

- ⇒ www.mothersmatter.co.nz
- ⇒ www.mentalhealth.org.nz
- ⇒ www.depression.org.nz