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 Services South Island. Phone: 0800 377 766

CONTACTS

Maternal Mental Health Service

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

PHONE: (03) 214 5786
FREEPHONE: 0800 44 33 66
WEB: www.southerndhb.govt.nz

Future Directions Southland Mental Health Network
Website:

www.futuredirections.org.nz

MENTAL HEALTH, ADDICTIONS & INTELLECTUAL DISABILITY SERVICES

Maternal Mental Health Southland
Ropu Wairangi

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

Southern District Health Board – MHS – Maternal MH Services
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General Manager

Monday to Friday
8.30am - 5.00pm

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
- Invercargill Community Mental Health Team Group Programme
- Psychologists
- Occupational Therapists
- Counsellors
- Maori Cultural Advisor
- Consumer Advisors
- Family Advisors
- 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 Whaiao.
- 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, their family/caregivers and/or community groups.

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

General Information

- Information collected is treated in a confidential manner. In the case of significant risk to yourself or others, some essential information may have to be shared with other treatment services etc.
- Some confidential data is entered on an electronic database as a requirement of the Ministry of Health, for service planning purposes.
- Mental Health clinicians receive supervision, which means that they may discuss some aspects of your treatment with a senior staff member (who is also bound by confidentiality). This is a Southern District Health Board Policy to ensure you receive quality treatment.
- You may receive a voluntary questionnaire asking for comments about the service received. Your responses help us to improve our service.
- Students have clinical placements with our team. Permission is obtained before a student is involved with treatment. You have the right to decline student involvement.
- This is a free service but medication prescribed by a psychiatrist may incur a charge at the pharmacy.
- The Southern DHB is a smoke free site. If you require help stopping smoking please ask your treatment team.

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.