



HUTT maternity

Hutt Valley Maternity Care

Support in the Hutt Community

For Pregnancy and parenting
Information for women

Mental Health Wellness Support

PADA Wellington: (post and ante-natal distress support): Free/low cost counselling; support groups; support line 7 days; closed Facebook group & referrals. 04 472 3135 <http://www.pnd.org.nz>

Lower Hutt Womens Centre: Offers a range of self-care and self-development support groups and courses, one-off workshops, and low-cost counselling service. 04 569 2711 Web: <http://www.lhwc.org.nz/>

Upper Hutt Women's Centre: Offers a range of self-care and special interest groups and low-cost counselling service. 04 527 0017
<http://www.uhwc.co.nz/index.php/home>

Greenstone Doors: (free/low cost counselling, also young parent group, play groups and some free baby gear. 04 566 5037 or 0272549222
<http://www.greenstonedoors.co.nz/>

Family Works: Social work, counselling, parenting classes. 04 52804164 <http://www.psc.org.nz/family-works/services-near/hutt-valley/>

birthEd: www.birthed.co.nz Free course "Out of the Blues" antenatal and postnatal distress information. Phone (04) 576 9556 or text 027 245 3541

Your GP: For access to home help, child care, e.g. Barnardos, Creche, WINZ, ACC funded counselling

Catholic Social Services: 04 385 8642 Assists families to live violence-free lives. Counselling and social work agencies www.wn.catholic.org.nz/departments/catholic-social-services

Referrals for mental health support by your Midwife or GP or Well Child Carer:

Mild – Moderate: PHO primary mental health counselling through Te Awakairangi. Contact your GP for referral.

www.teawakairangihealth.org.nz/ourservicesandprogrammes#Wellbeing Service

Moderate to Severe: Specialist Maternal Mental Health Service. Referrals made by a health professional via Te Haika (Crisis team also) 0800 745 477. Health professionals can contact the Maternal Mental Health team direct for advice 04 806 0002 Mon-Fri 8:30-5pm.

Phone lines

Suicide crisis helpline: 0508 82 88 65 (24/7)

Depression helpline: 0800 111 757 (24/7)

Parenting and family support

Your GP: For access to home help, child care, e.g. Barnardoes, Creche, WINZ, ACC funded counselling with psychologist's/counsellors and Hutt Rape Crisis Network acute and historical sexual abuse services: 04 566 5517

Family Works: Social work, counselling and parenting advice/programmes – (04) 528 4164

Salvation Army Community and family services: (04) 389 0594

Saint Vincent DePaul Society's Pregnancy Assistance Programme: Free maternity and baby clothing/bassinet service – (04) 389 7122

PIN (Plunket in Neighbourhood): Groups via your local Plunket nurse.

Local Playgroups: Check with Citizens Advice Bureau - 0800 367 222 or www.huttcity.govt.nz/services/Community-Support/Community-service-directory/

Mother's Network: Supports mums in getting the best from the motherhood experience. (04) 383 8255 (message service 027 533 1992) text or phone www.mothersnetwork.org.nz

Nāku Ēnei Tamariki (NET): Offers a range of services to families, including pregnant and post-natal women. Social support, parenting courses. Has a specific Maori service (04) 939-2232, and also a Pasifika and a Mainstream section (04) 939 9257. <https://www.net-inc.org.nz/how-can-we-help-you>

Birthright: Comprehensive home-based social work support and other social and support services for single parent families.(04)567 7123 <http://www.birthright.org.nz/>

Vibe: www.vibe.org.nz For 10-24 year olds Free confidential help Lower Hutt (04) 566 0525 Upper Hutt (04) 5286261

Plunketline: 0800 933 922

La Leche League: Provide breastfeeding information and support. See white pages for local listings or www.lalecheleague.org.nz

Wharekai Pepe: Drop in for free breastfeeding support at Koraunui Marae, Stokes Valley Thursdays 9-12
www.wharekaipepe.org.nz

Greenstone doors: Teen parenting support, free baby clothing, counselling - (04) 566 5037/027 254 9222

Parent Help: For all parenting challenges (04) 499 9994 or 0800 568 856 www.parenthelp.org.nz

Pregnancy Counselling Services: 0800 773 462

Barnardos: General enquiries - 0800 227 627

birthEd: Pregnancy, childbirth and parenting courses - (04) 576 9556/ 027 245 3541 or www.birthed.co.nz

Parent Centre: Childbirth and parenting courses – (04) 973 5437 www.parentscentre.org.nz

Pregnancy Help: Practical support and advice to prepare for parenthood (04) 232 5740 (1st and 3rd Thursday 10-12pm) 774 High Street, Avalon Lower Hutt for clothing, cloth nappies, bassinets, Free Confidential service.

Bellyful Hutt Valley: Practical support/cooked meals – 0508 235 5938 www.bellyful.org.nz

Supergrans: Mentoring and practical help running a household – (04) 566 9778

Wellington City Mission: For families programme – (04) 389 203

SPACE: Promotes the value of parenthood and offers ongoing support for new families

www.hutt.space@playcentre.org.nz

Presbyterian Support: Family Works Central is a family-centred social services agency. Family Works believes in empowering children, families, whānau and communities so they can flourish and reach their full potential. Information, advice, counselling and parenting course – (04) 439 4900

Barnardos: No two families are alike and every family has their ups and downs. At Barnardos, we help families deal with some of the worst of these downs.

Wellington (04) 385 7560; Hutt Valley (04) 801 1710

Women's Centre: Lower Hutt (04) 569 2711, Upper Hutt (04) 527 0017

Women's Refuge: Hutt Valley Womens refuge – 04 569 1040 and Kokiri Marae Maori Womens Refuge – 04 566 5025. <https://womensrefuge.org.nz/>

Sudden Unexplained Death in Infancy (SUDI) Helpline: 0800 164 455

Stillbirth and Newborn Death Support (SANDS): Support and information to parents and families following the loss of a baby or infant. 022 398 3917

www.sands.org.nz

Miscarriage Support Group:
www.miscarriagesupport.org.nz

Post and Ante-Natal Distress Support Group: 04 472 3135 (formerly PND Wellington)

ACC funded counselling available through:

- Hutt Rape Crisis Network acute and historical sexual abuse services: 04 566 5517

The Family Centre: (04) 569 7112

Waiwhetu Marae: Whangai Pepe- free breastfeeding support. Phone (04) 5661847 or 0274617946

Local Marae

Kokiri: 7-9 Barnes Street Seaview (04) 939 7906

Koraunui: 146 Stokes Valley Road (04) 939 6662

Orongomai Marae: 1 Railway Avenue (04) 528 9639

Wainuiomata: Marae Association (04) 564 8395

Waiwhetu Marae: (04) 569 6063

Well Child Tamariki Ora Providers

Plunket: Well child carers www.plunket.org.nz or Plunket line or phone 0800 933 922

Tamariki Ora: Well child carers <https://www.atiawa.com/> or phone 04 587 1646

Thriving Cores: Well child carers <https://www.pacifichealthhutt.co.nz/well-child> or phone 04 577 0394

Smoking Cessation Programmes

Quitline: 0800 778 778 or visit www.quit.org.nz

Takiri Mai te Ata Regional Stop Smoking Service:

Hapu Mama smoking cessation programme

takirimaiteata@kokiri-hauora.org.nz or phone (04) 939 4631

Someone to talk to

Healthline: 0800 611 116 24/7 free health advice

Samaritans: 0800 726 666

Lifeline: 0800 543 354

Warmline: Peer support for Mental Health and Addiction – 0800 200 207

Parent Help: Help for all parenting challenges – 0800 568 856

Plunketline: 0800 933 922

Anxiety Helpline: 24 hour support line – 0800 269 4389

Alcohol and Drug Addiction Services: 0800 787 797

Gambling Crisis Hotline: 0800 654 655

Gambling Helpline: 0800 333 122

Useful websites

www.mothersmatter.co.nz

www.familyservices.govt.nz

www.pregnancyhelp.org.nz

www.huttmaternity.org.nz

www.familybudgeting.org.nz

www.raisingchildren.org.nz

www.space.org.nz

www.thelowdown.co.nz

<https://www.mentalhealth.org.nz/get-help/a-z/resource/26/postnatal-depression>

www.mothersmatter.co.nz

www.mothershelpers.co.nz

