



# Healthy Mother Healthy Future (HMHF)

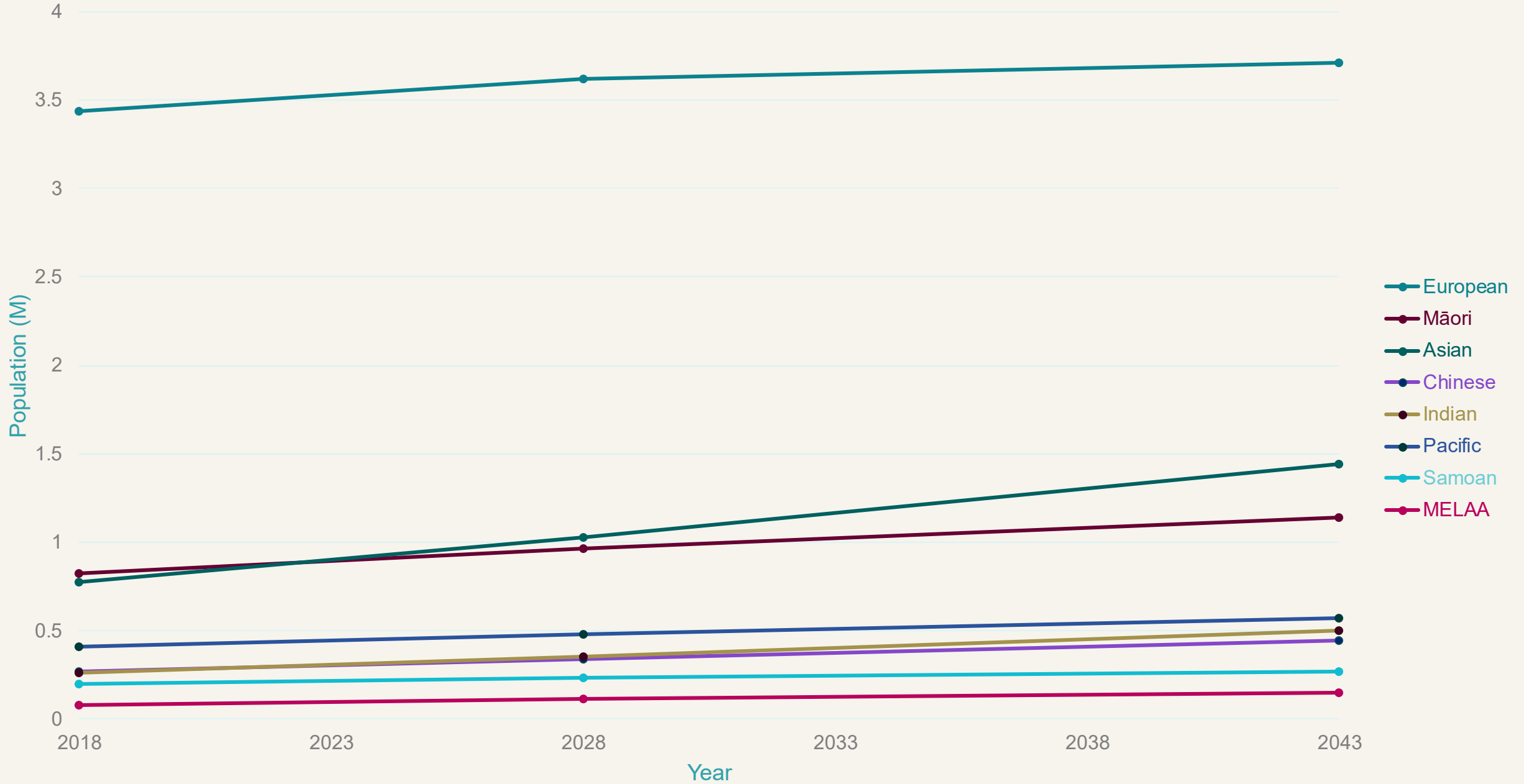
Asian Perinatal Wellbeing Programme

# Contents



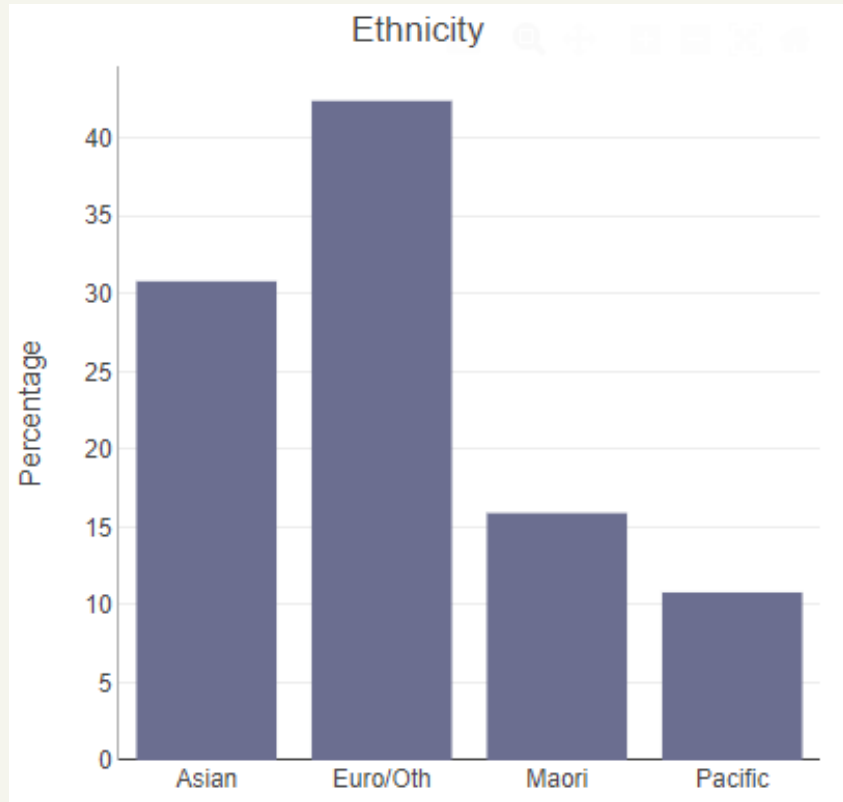
- ❖ Background
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- ❖ HMHF Programme Achievements
- ❖ Consumer Feedback
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# Population Trends by Ethnicity

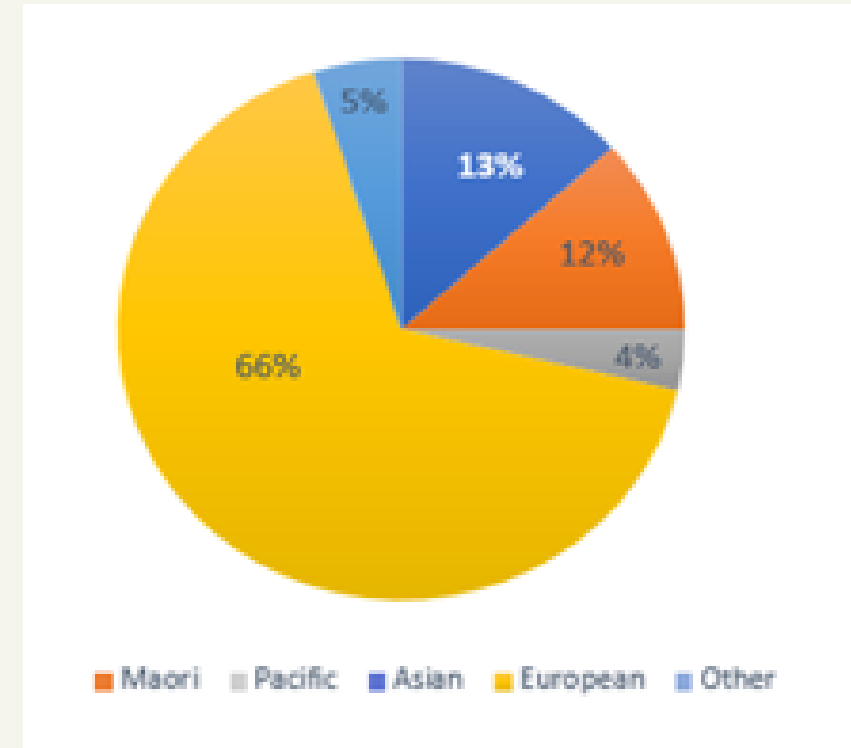


# Waitematā District

**% of people giving birth in Waitematā by ethnicity 2020**



**Maternal Mental Health (MMH) referral 2021**



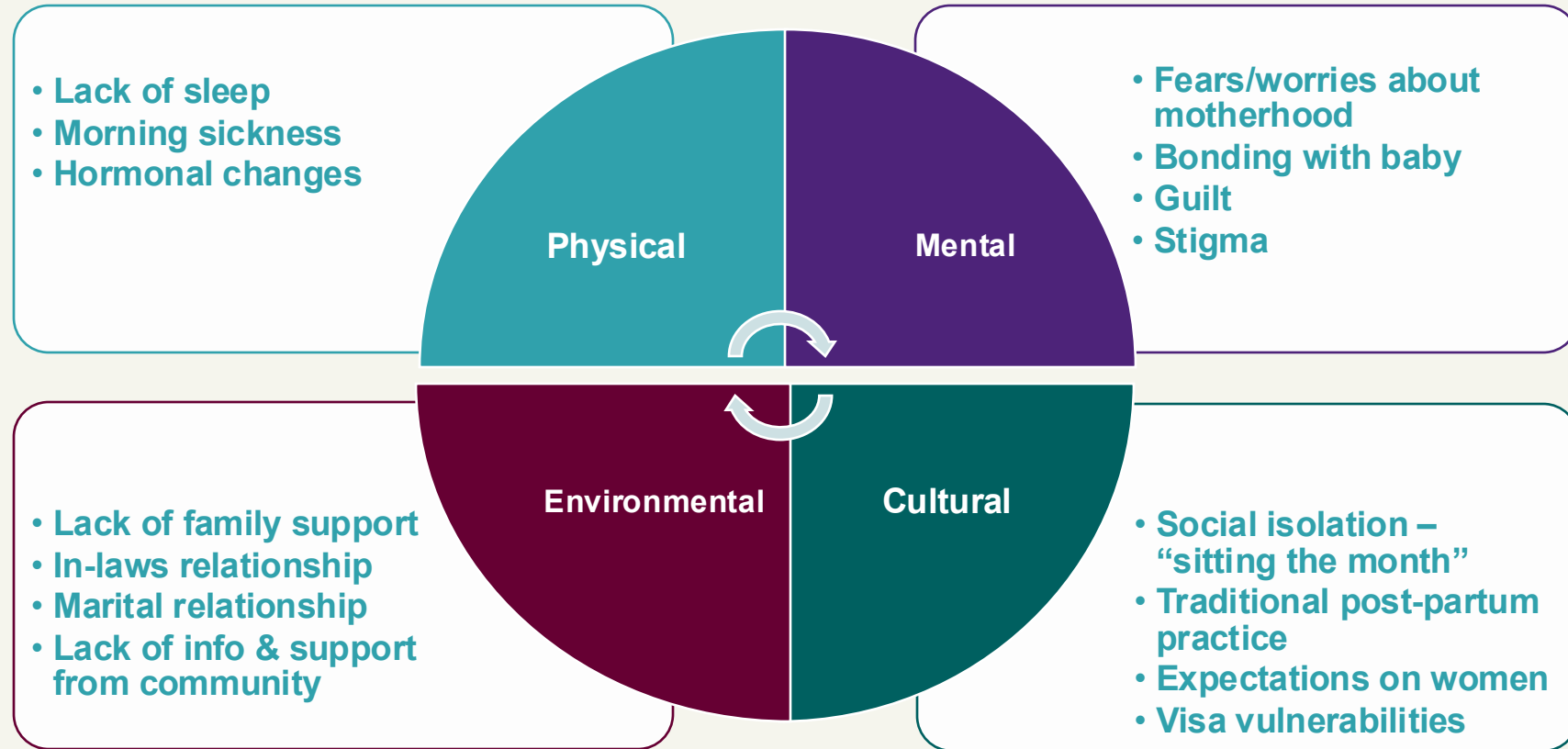
# Current Status of Mental Health Service for Asian & Ethnic Populations

- Asians are the fastest growing ethnic group.
- Very diverse in language, culture, health & digital literacy, faith,
  - settlement history and health needs.
- Lower rates of Mental Health and Addiction (MH & A) service access
- NOT enough culturally and linguistically appropriate MH & A services

# Perinatal Stressors for Asian Women

It is common to experience a wide range of emotions during and after pregnancy

As many as 1 in 5 women experience anxiety, depression, or both at some stage during their pregnancy or after the baby is born.



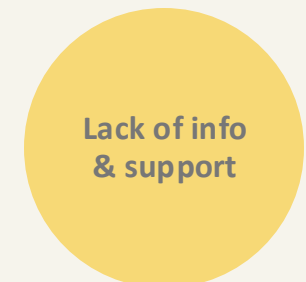
# Perinatal Mental & Emotional Issues Impact Asian & Ethnic Families

**Mother** Suffering, lack of joy in child, lack of confidence in parenting ability, missed work, social withdrawal, somatic (physical) symptoms, guilt, suicidality, Family violence etc.

**Father** Increased anger/conflict with others, increased use of alcohol/drugs & misuse of medicines, isolated from family, feeling discouraged

**Children** Paternal depression has shown a strong link to future mental health problems in children. Infants display more sleeping problems which further exacerbates mother's difficulties

**Family** Marital discord, withdrawal from other family members, challenging relationship with other children.



# HMHF Programme Overview

**Target Populations:** Asian pregnant women and mothers with infant with a focus on the populations served by Health New Zealand | Te Whatu Ora Waitematā

**Aims:** To improve Asian perinatal mental health outcomes through collaborative efforts on:

- ✓ **Strengthening** the referral pathways to maternal mental health services, enhancing practical community support
- ✓ **Improving** health literacy, mental health awareness and accessibility
- ✓ **Promoting** early help-seeking and intervention

**Emotional and social support**

**Counselling**

**Workshops and health seminars**

**Peer support groups**

**Culturally and linguistically appropriate resources**

**Referrals to relevant community/specialist services**

# Edinburgh Postnatal Depression Scale (EPDS)

A tool to screen and identify women at risk of perinatal depression

## Edinburgh Postnatal Depression Scale (EPDS)

Client's Name: \_\_\_\_\_ Date of Birth: \_\_/\_\_/\_\_\_\_ NHI: \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_ Email: \_\_\_\_\_

Evaluator's Name: \_\_\_\_\_ Practice Name: \_\_\_\_\_

Designation: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

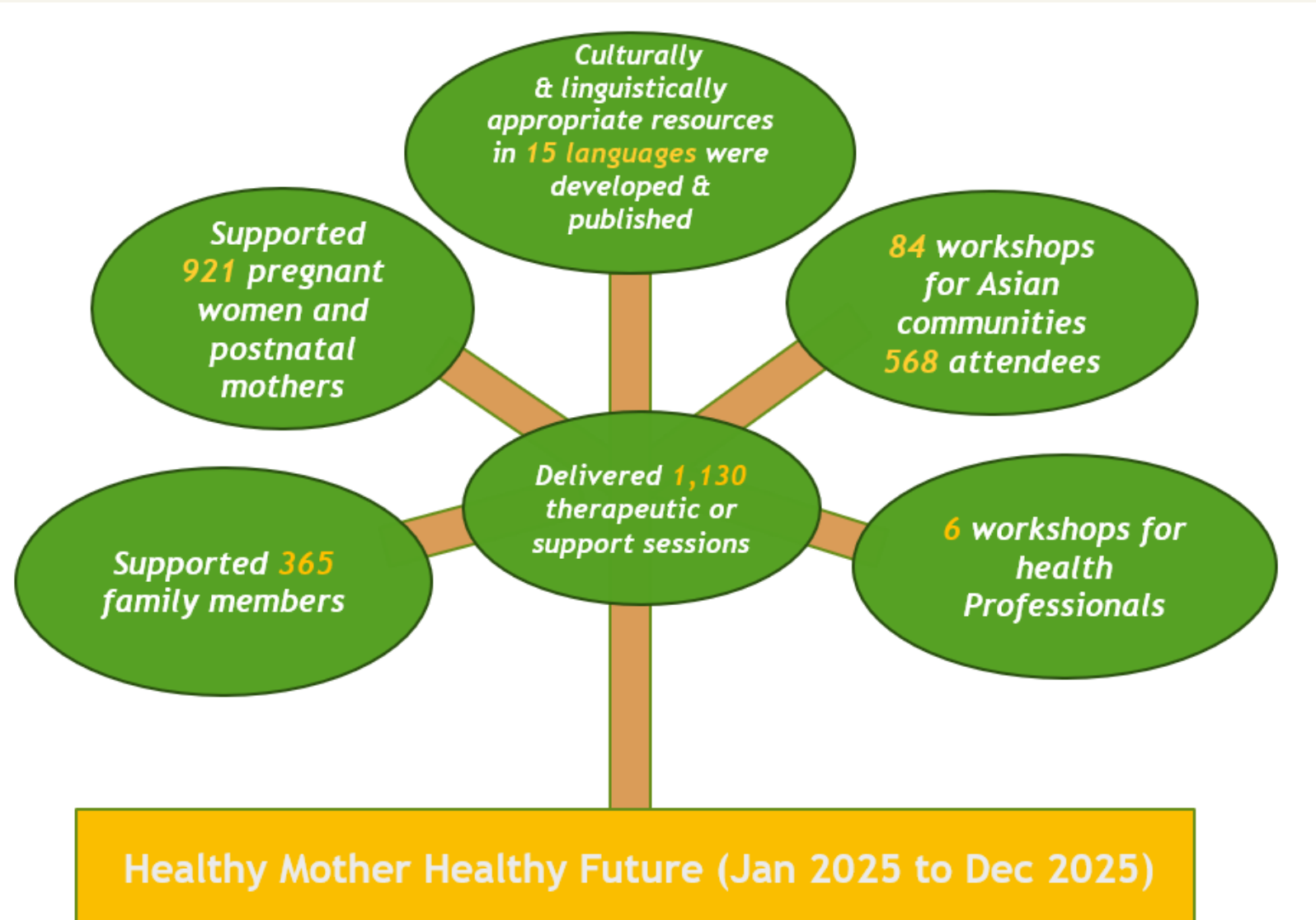
1. I have been able to laugh and see the funny side of things
  - 0 As much as I always could
  - 1 Not quite so much now
  - 2 Definitely not so much now
  - 3 Not at all
2. I have looked forward with enjoyment to things
  - 0 As much as I ever did
  - 1 Rather less than I used to
  - 2 Definitely less than I used to
  - 3 Hardly at all
3. I have blamed myself unnecessarily when things went wrong
  - 3 Yes, most of the time
  - 2 Yes, some of the time
  - 1 Not very often
  - 0 No, never
4. I have been anxious or worried for no good reason
  - 0 No, not at all
  - 1 Hardly ever
  - 2 Yes, sometimes
  - 3 Yes, very often
5. I have felt scared or panicky for no very good reason
  - 3 Yes, quite a lot
  - 2 Yes, sometimes
  - 1 No, not much
  - 0 No, not at all
6. Things have been getting on top of me
  - 3 Yes, most of the time I haven't been able to cope
  - 2 Yes, sometimes I haven't been coping as well as usual
  - 1 No, most of the time I have coped quite well
  - 0 No, I have been coping as well as ever
7. I have been so unhappy that I have had difficulty sleeping
  - 3 Yes, most of the time
  - 2 Yes, sometimes
  - 1 Not very often
  - 0 No, not at all
8. I have felt sad or miserable
  - 3 Yes, most of the time
  - 2 Yes, quite often
  - 1 Not very often
  - 0 No, not at all
9. I have been so unhappy that I have been crying
  - 3 Yes, most of the time
  - 2 Yes, quite often
  - 1 Only occasionally
  - 0 No, never
10. The thought of harming myself has occurred to me
  - 3 Yes, quite often
  - 2 Sometimes
  - 1 Hardly ever
  - 0 Never

Total scores: \_\_/30 Date: \_\_/\_\_/\_\_\_\_

Brief Guide for Evaluators/Referrers (for HMHF Project):

EPDS Score	Interpretation	Action
Less than 8	Depression not likely	No action needed.
8-9	Depression possible	Re-screen in 4 weeks. (Note: A score of 12 or more identifies most women with perinatal depression, but many studies use a cut-off of 10. Such lower cut-off value was adopted for this project with the intention to minimise rate of false negatives which can act as a barrier to accessing appropriate care for Asian women.)
10-13 (positive screen)	Depression likely	Refer to AMHS for ongoing monitoring and brief, non-urgent clinical support as appropriate.
14 and higher	High suspicion of Depression	Refer to WDHB Referral Management Team—Specialist assessment and treatment by MMH.
Positive score (1, 2 or 3) on question 10 (suicidality risk)	Possible indication of risk to self	<b>Immediate discussion required. If any indications of harm to self, please refer to the Crisis team, Maternal Mental Health Team or emergency resource for further assessment and intervention as appropriate.</b> Urgency of referral will depend on several factors including (but not limited by): whether the suicidal ideation is accompanied by a plan, history or family history of suicide attempts, whether symptoms of a psychotic disorder are present, presence of high impulsivity, lack of mitigating / protective factors and supports, and/or there is concern about harm to the baby.

# HMHF Programme Achievements



# 'Your emotional wellbeing during pregnancy and beyond' booklets

E-booklets available in 15 languages at: <https://www.healthpoint.co.nz/public/hospital-based-support-service/asian-and-ethnic-health-services/>



# A Holistic Care: Client & Whānau Centred services



**GROWING STRONGER TOGETHER**

**PARENTS & CAREGIVERS WORKSHOPS**

Join us for a workshop designed to support parents and caregivers of children aged 5-12 to better understand children's emotions and needs, particularly during times when families may be experiencing health or wellbeing challenges.

**Hindi Session**  
 Thursday 30 April, 10:30am-1pm  
 Athol Syms Community Centre, Epsom

**English Session**  
 Saturday 2 May, 10am-12:30pm  
 Western Springs Community Hall, Point Chevalier

**Somali Session**  
 Friday 8 May, 10am-12:30pm  
 Rakoraki Room, Wesley Community Centre, Mt Roskill

**Mandarin Session**  
 Saturday 9 May, 10:30am-1pm  
 Athol Syms Community Centre, Epsom

You will receive:

- Practical tools and resources to strengthen communication, resilience, and emotional connection within the family
- Growing Stronger Together activity book
- Small workshop keepsakes

If you're interested, please call Asian Health Line 0800 88 88 30 or scan the QR code to register



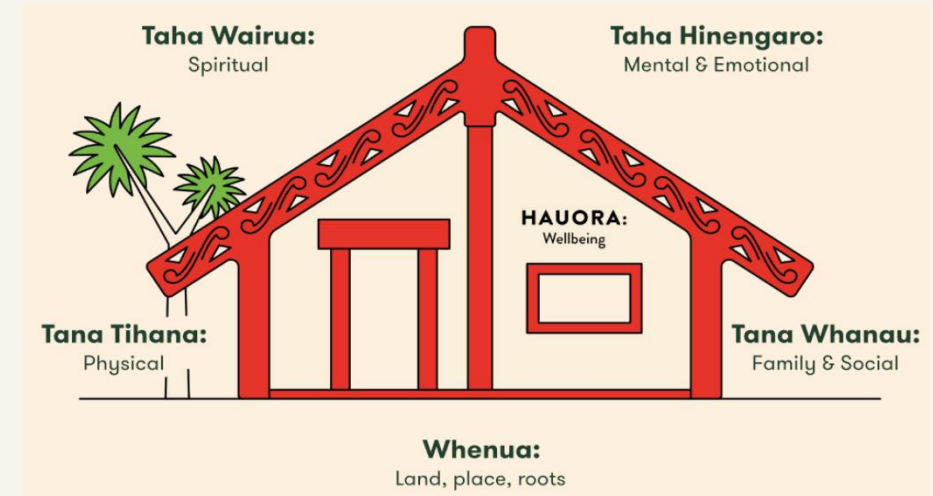
**Growing stronger together**

Activity book 5-12 years

**Growing stronger together**

Parent Workbook

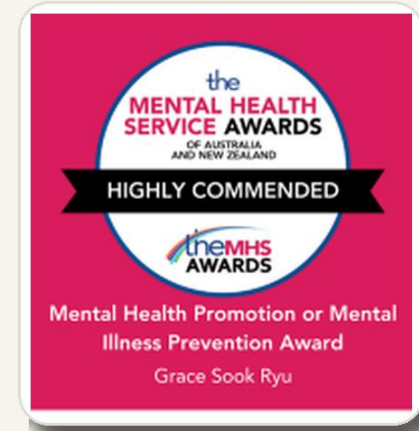
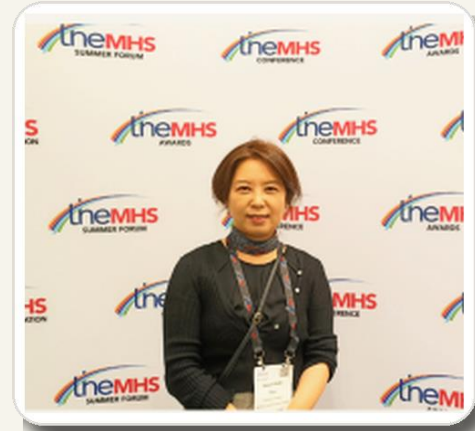
Health New Zealand Te Whatu Ora




**PROMOTE PSYCHOSOCIAL WELL-BEING IN EVERYONE**



# International Acknowledgements



SUPPORTING PARENT'S MENTAL WELLBEING DURING THEIR CHILD'S FIRST 1,000 DAYS, FROM CONCEPTION TO TWO YEARS OF AGE, IS CRITICAL TO SUPPORTING THEIR CHILD'S LONG-TERM EMOTIONAL, MENTAL AND PHYSICAL WELLBEING.

AM I EATING REGULARLY?

WHOM CAN I TALK TO?

AM I GETTING ENOUGH SLEEP?

## MATERNAL MENTAL HEALTH CHECKLIST

AM I BEING KIND TO ME AND OTHERS?

AM I FEELING OKAY?

LOSS OF MOTIVATION

THE 5 C'S OF MENTAL HEALTH PROVIDE A WAY THAT IS WELL STRUCTURED AND HELPFUL TO HAVE WELL-BEING AND RESILIENCE PART OF OUR EVERYDAY ROUTINE. THEY FORM THE BASE OF MENTAL AND EMOTIONAL HEALTH: **CONNECTION, COPING, CALMNESS, CARE, AND COMPASSION.**

Break the Stigma and let's talk about this..  
Email on [poonam@asiannetwork.org.nz](mailto:poonam@asiannetwork.org.nz).



HEALTHY MOTHER HEALTHY FUTURE

# Chinese Coffee Group

## 华人妈妈北岸咖啡小组

10am-11am, first Wednesday of every month  
每月第一个星期三上午10点-11点

**Adventure Alley**  
17 Ride Way, Rosedale

BEING A MUM CAN BE TOUGH, BUT IT'S EASIER WITH A STRONG SUPPORT GROUP! JOIN US FOR FRESH FRUITS, SNACKS, CHATS AND LAUGHS!

欢迎孕期及小月龄宝妈加入北岸咖啡小组, 这里有咖啡, 有欢笑, 有理解, 有实用资讯, 让我们彼此扶持, 度过一段属于您的时光!

RSVP 请联系  
TINGTING 0800 8888 30

Health New Zealand  
Te Whatu Ora




ASIAN HEALTH SERVICES  
0800 88 88 30

Health New Zealand  
Te Whatu Ora

HEALTHY MOTHER, HEALTHY FUTURE

# Coffee Chat Time

INDIAN MUMS' COFFEE CIRCLE

A welcoming space for Indian mums to connect, share experiences, and enjoy a cup of coffee together

MONTHLY GATHERINGS IN THE WEST AUCKLAND AREA

FOR MORE INFO, PLEASE CONTACT:  
FARAH (021346657)

CHIT-CHAT - CONNECTIONS - CARE  
बात-चीत और कॉफी





HEALTHY MOTHER HEALTHY FUTURE

# KOREAN COFFEE GROUP

장소: Kings Plant Barn  
11 Porana Road, Wairau Valley


(날씨는 코리아포스트 알림방에 공지 해 드립니다)

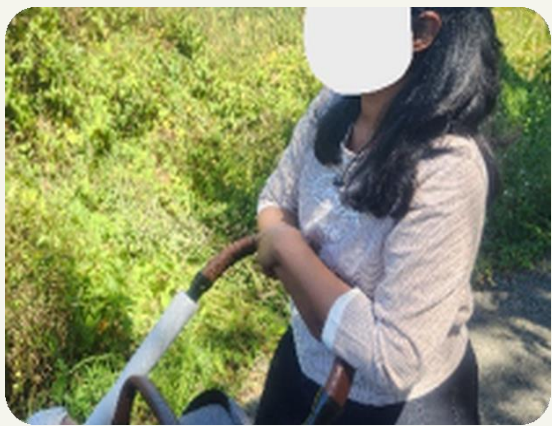
엄마가 된다는 것은 기쁘고 새로운 경험이지만 임신해서 출산하고 엄마가 되기까지 신체적으로나 정신적으로 쉽지 않은 과정이죠. 그 과정에서 지원그룹이 있다면 어려움을 헤쳐나가는데 도움이 되실 거예요.

커피 한잔 하시면서 다른 아기 엄마들과 대화하며 고민을 함께 나눠보시면 어떨까요?

RSVP: 조안나 김  
연락처 : 0213 494 60

Health New Zealand  
Te Whatu Ora





# Consumer Feedback

*"There have been significant improvements in addressing some physiological and psychological changes during pregnancy."*

*"I meet with family and friends more often, read more books, go for more walks outdoors, and communicate with my husband whenever any issues arise to avoid emotional fluctuations."*



*"I am grateful for this programme as it allowed me to share and discuss experiences with other expectant mothers who speak my language, which has been greatly beneficial to me".*

*"This is my first time reaching out for help, and I wasn't sure where to start. However, my friend told me about HMHF and highly recommended I get in touch. It's reassuring to know there's a place I can go for support before I deliver my baby later this year".*

*"We have started paying attention to our mental health by sharing our feelings about the day which has significantly reduced our stress and anxiety."*

# Mei's Story



30-year-old Chinese mother with a newborn (6 weeks old)



Arrived in NZ with her partner late 2023



First-time mum experiencing stress of baby care & sleep difficulties



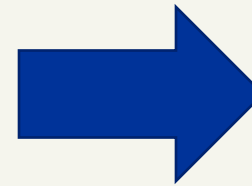
No support networks in NZ, feels isolated



Showing signs of postpartum depression

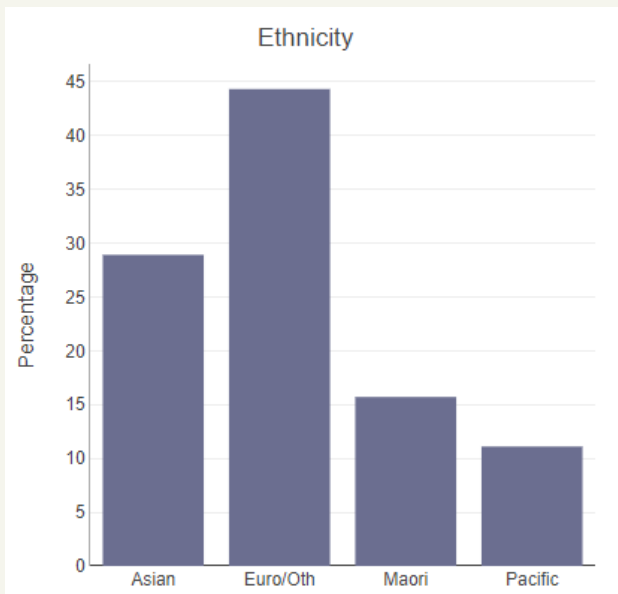


Asian Health Line received referral from Plunket

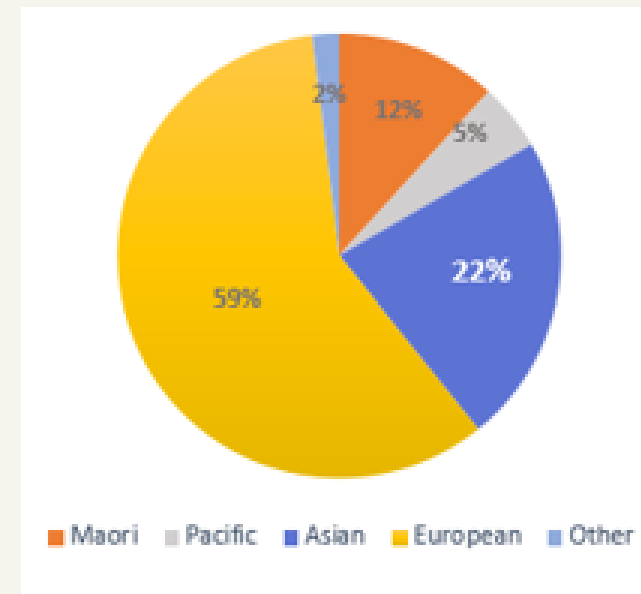
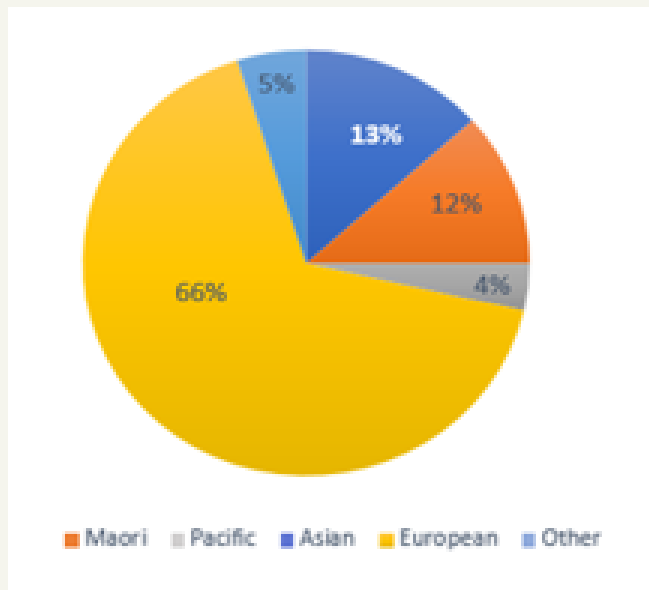


- Counselling
- Health literacy
- Peer support group
- Information/resources
- Referral made to relevant community support services

## % of people giving birth in Waitematā by ethnicity 2022



2023/2024: **9.25% increase!**



2021: Maternal Mental Health (MMH) referrals



## Healthy Mother Healthy Future (HMHF)

### Having a baby can be an exciting and emotional time

This significant change in your life – and the lives of your whānau – can sometimes make you feel overwhelmed, affecting your emotional and physical well-being.

As many as one in five women experience anxiety, depression, or both at some stage during their pregnancy or after the baby is born. One in ten partners also experiences similar emotional distress.

Your health and well-being are crucial for you, your baby and your family. If you are experiencing any health and well-being concerns or difficulties managing your stress - or you would like to talk to someone about where to get help - please contact us.

### It is OK to ask for help

Free counselling and self-care information is available in multiple languages for pregnant Asian women and mothers with infants.

Fathers are also welcome to ring us for advice and support.

Asian Health Line

**0800 88 88 30**

Monday to Friday, 9am to 5pm

*Get in touch with us for a friendly and confidential conversation.*

# Get in touch with us today

## Asian and Ethnic Health Services

# 0800 88 88 30

[asianhealthline@TeWhatuOra.govt.nz](mailto:asianhealthline@TeWhatuOra.govt.nz)

The Ministry of Health & Asian Health Services proudly supports the HMHF Project. Health New Zealand - Te Whatu Ora, in partnership with The Asian Network Inc. & CNSST Foundation

**Te Kāwanatanga o Aotearoa**  
New Zealand Government



**Health New Zealand**  
Te Whatu Ora



# References

- <https://www.stats.govt.nz/information-releases/national-ethnic-population-projections-2018base-2043>
- Patel M, Jaung R, Winnard D, Papaconstantinou D, Ameratunga S (2022) Demography of Asian Communities living in the rohe of the Northern Region District Health Boards.
- <https://tewhatauora.shinyapps.io/report-on-maternity-web-tool/>