

The Hope Collective

Health Provider Perinatal Mental Health Referral Form

This service is for pregnant women/birthing parents experiencing mild to moderate decline in mental health and well-being as evidenced by the Edinburgh Postnatal Depression Scale (EPDS) with scores below:

- EPDS# 13-17 or
- EPDS# <13 and clinical picture indicates need

We are not a crisis service and do not have after-hours or weekend services.

- For urgent or crisis mental health care, 24/7 call **111**.
- **0800 653 357** MidCentral DHB Acute Care Team

We aim to contact all our referrals within three business days

REFERRAL INFORMATION

Referral Date:

REFERRER DETAILS

Full Name:

Organisation / Practice (if applicable):

Phone:

Email:

CLIENT DETAILS

Full Name:

Date of Birth:

NHI Number:

Gender: Male Female Non-binary Prefer not to say Other:

Ethnicity:

Contact Information

Phone:

Email:

Home Address:

Perinatal Health Details

Pregnancy Status: Unsure Currently Pregnant Recently Given Birth Other

Expected Delivery Date (if pregnant):

Edinburgh Postnatal Depression Scale (EPDS) Score:

EPDS Assessment Date:

Number of dependants:

Age of dependants (if applicable):

Reason for referral:

Relevant Previous or Existing Mental Health and Physical Challenges:

- No previous
- Perinatal anxiety and/or depression
- Pregnancy challenges such as hyperemesis, diabetes, preeclampsia
- Previous stillborn
- Previous birth trauma/birth injury
- Fertility challenges/IVF
- Depression
- Anxiety and/or panic attacks
- OCD
- Bipolar disorder
- PTSD
- Psychotic episode
- Eating disorder
- Borderline Personality Disorder
- Addiction

- Neurodivergent
- Unsure
- Other

Primary Support Person Details

Name:

Relationship:

Contact Phone:

Client's Family Location:

- Same town Same district NZ Overseas No support

Partner's Family Location:

- Same town Same district NZ Overseas No support

Support Already In Place:

- General Practitioner
- Plunket
- Raukawa Whanau Ora (Horowhenua/Manawatu)
- Best Care Whakapai Hauora (Manawatu)
- Te Waka Huia (Manawatu)
- Te Kete Hauora (Taranua)
- Public Health (extreme rural Taranua)
- Te Koutuku (Rangitikei)
- Community Mental Health Service
- Maternal Mental Health Service
- Private Specialist, e.g. Psychologist, Counsellor

GP Name:

Practice Name:

Other Relevant Information: