
Maternal Mental health support on site at Plunket

Early intervention maternal mental health support is now being provided on site at the Whānau Āwhina Plunket rooms in Whakatāne, making it easier for parents to access crucial wellbeing support in the early parenting years.

The Eastern Bay of Plenty maternal mental health team from Te Whatu Ora Hauora a Toi moved into vacant space in the Victoria Ave Plunket building recently.

Whānau Āwhina Plunket BOP Clinical Leader Annie Fisher says co-location makes perfect sense.

“We had the space just looking for the right tenants whose mahi aligned with ours, this is the perfect fit.”

Mental health related calls to Whānau Āwhina Plunket’s 24/7 free phone support service more than quadrupled from 2019 to 2021 in the Bay of Plenty and across the country.

“We know supporting the mental wellbeing of parents and caregivers in the early years is key to ensure pēpi and tamariki thrive as they develop.

“Our nurses and kaiāwhina seeing māmā and pēpi in homes and our clinics across the Eastern Bay are well placed to see what the need is out there.

“Our Plunket whare is a familiar, friendly and safe environment for whānau. By bringing the mental health team in house we hope this will help break down those barriers that sometimes prevent people from reaching out for support,” says Annie Fisher.

Anyone who needs maternal mental health support can talk to their Whānau Āwhina Plunket nurse, kaiāwhina or health worker, or call the 24/7 PlunketLine team on 0800 933 922.

Pictured from left:

Front- Whānau Āwhina Plunket Kaiāwhina Anyak Waititi, Nurse Jessica Heal-Stevenson. T
Back - Whānau Āwhina Plunket Nurse Haydee McAdams, Te Whatu Ora Maternal Mental Health Social Worker Lee Anne Tuwairua, Mental Health Nurse Samantha Notman and Plunket Nurse Lauren Erdbeer.





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About Whānau Āwhina Plunket

Pēpi, tamariki and whānau are at the heart of Whānau Āwhina Plunket.

The charity is Aotearoa New Zealand's largest health and wellbeing support service for tamariki – seeing 290,000 under-fives. About 80% of newborns are enrolled with Whānau Āwhina Plunket each year.

Our nurses provide clinical assessments, and along with Kaiāwhina and Community Karitāne, support whānau and families, through home and clinic visits, as well as PlunketLine 0800 933 922, a free 24/7 telephone advice service for parents.

Our website plunket.org.nz is one of the country's most widely read digital child health resources, with 1.8 million visits each year. It is data free which means you don't need mobile data to access, and you can choose to view in English or te reo Māori.