

Te Whare Piringa A Package of Care

Te Oranganui, Whanganui



Whāngaia kia tupu kia puāwai



What is Te Whare Piringa?



Current Reality Data

2024 – April 2026, There has been a total of **1,564** registered births in Whānganui.
Māori make up around **40%** of these registered births.

An estimated **12-18% of women** and **10% of men** develop Depression, anxiety or other mental health during the **perinatal** period. **Postnatal** depression affects up to **1 in 5 women** (Ministry of Health, 2021).

60% of women who died by suicide in pregnancy or within six weeks of pregnancy between **2006 and 2017** were **Māori** (Mental Health Foundation of New Zealand, n.d.).

2024 July – 2025 June, Maternal Mental Health accepted **82% of 130** referrals.
A total of **38%** of 130 referrals were **Māori**.

Ministry of Health. (2021). *Maternal mental health service provision in New Zealand: Stocktake of district health board services*. Ministry of Health. https://www.health.govt.nz/system/files/2021-11/maternal_mental_health_service_provision_in_new_zealand-19_nov.pdf

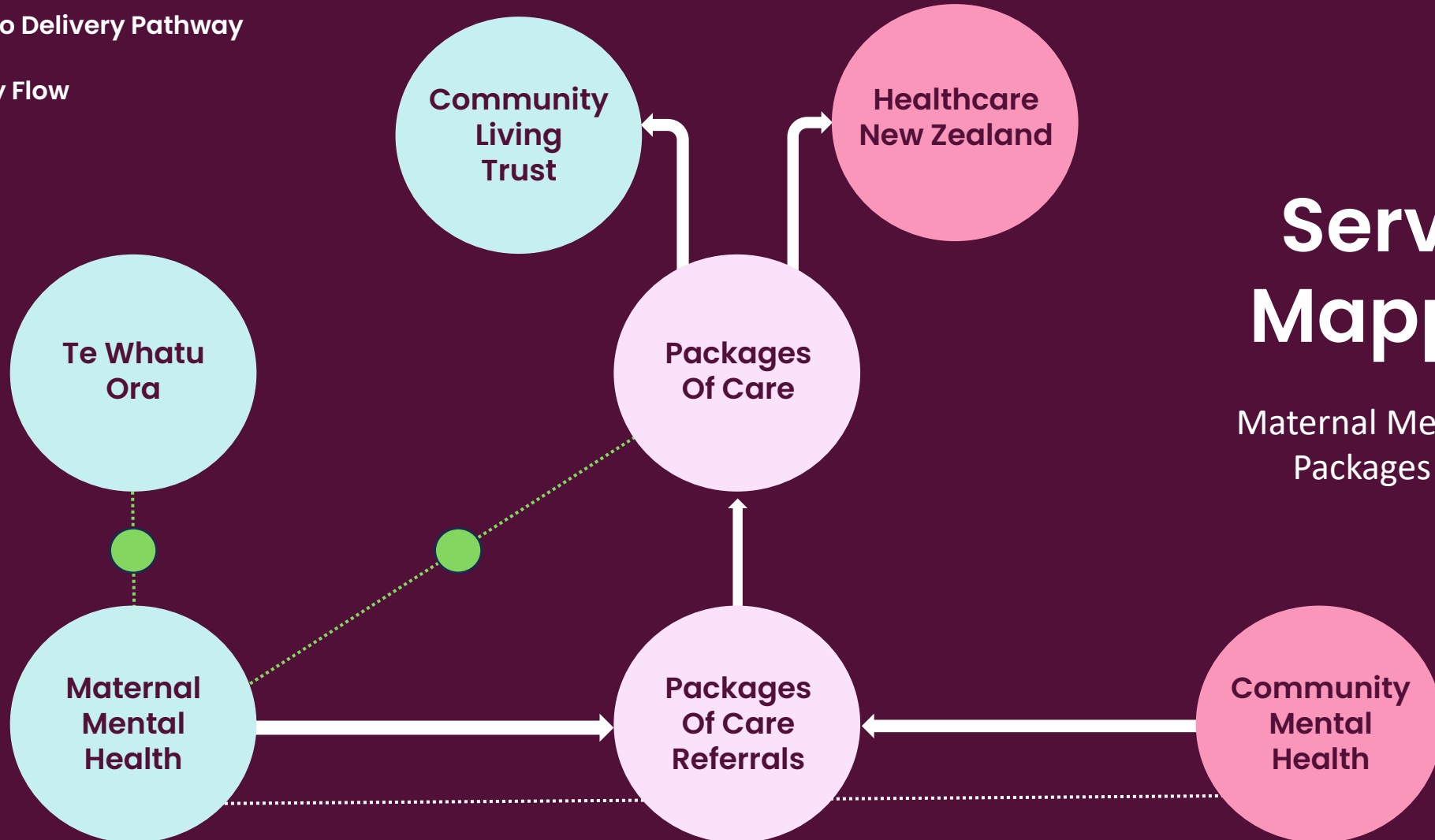
Mental Health Foundation of New Zealand. (n.d.). *Statistics on women's mental health and wellbeing*. <https://mentalhealth.org.nz/our-work/research-and-information/statistics/statistics-on-women-s-mental-health-and-wellbeing>





ACTIVITY

- Whanganui Delivered Packages of Care
- Rurally delivered Packages of Care
- Referral to Delivery Pathway
- Monetary Flow



Service Mapping

Maternal Mental Health
Packages of Care

Insights From Mapping

1

The current packages of care are a short-term strategy to alleviate stress in the home.

"What does life look like on the other side? How do I navigate through this, what is my identity, because it's not what it was before my baby."

2

There is a lack in support for pāpā and whānau. There is an increased prevalence in partners needing support.

"We need education for pāpā. After birth we change completely. Our men don't know who we are anymore. They want to help but they aren't empowered to actively support in the home."

Insights From Mapping

3

Current Packages of Care have been developed through a clinical and singular lens.

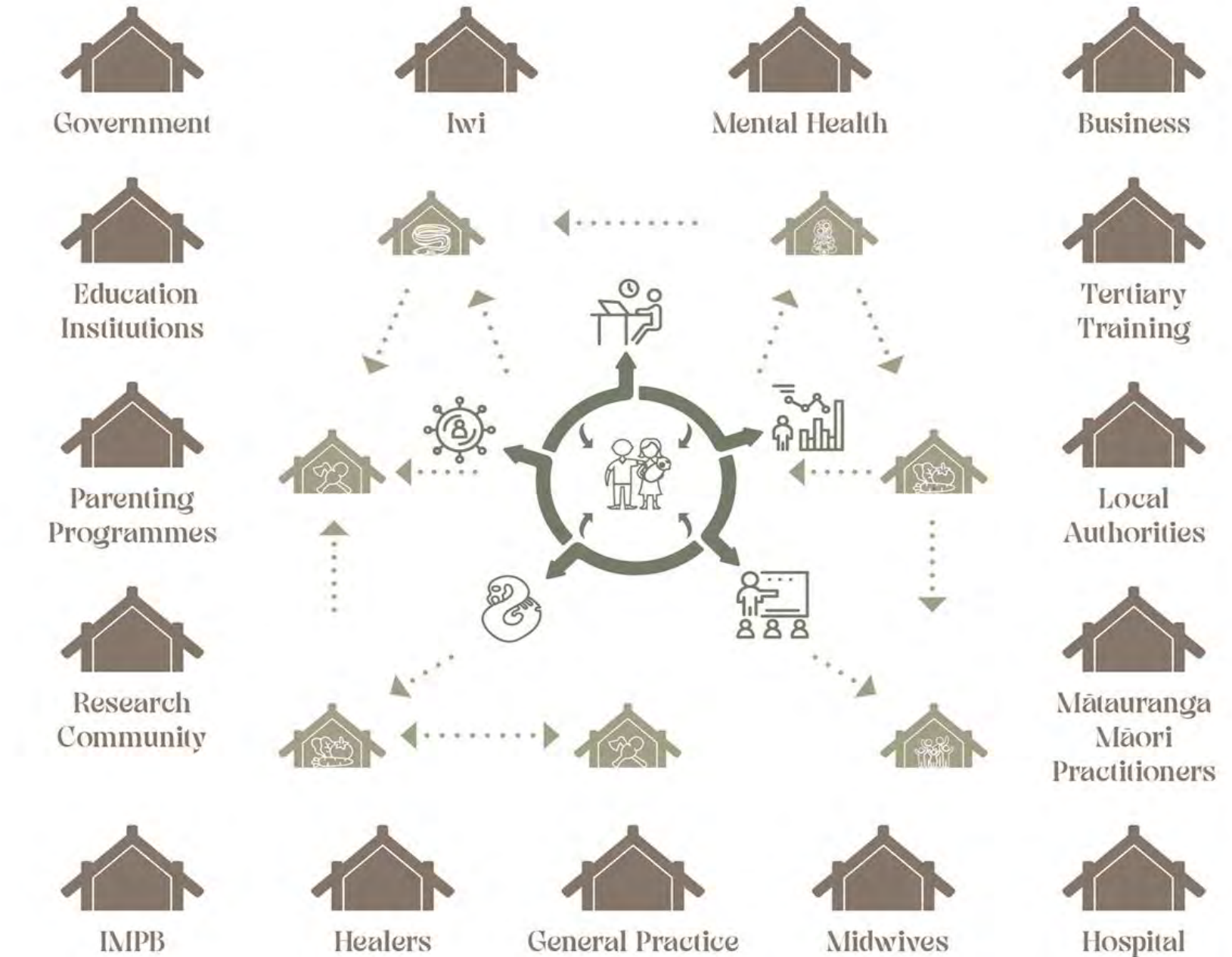
“It feels shameful to call for help. It makes you feel weak. You think, as a mother, I should know what to do.”

4

Whānau are experiencing inconsistent access to services, resulting in some becoming lost in the system.

“Whānau have said the packages of care are not always helpful. The system as a whole isn’t robust enough. Māmā and whānau are overwhelmed and getting lost.”

Pā Network





**Te Whare Piringa,
a Package of Care**



Whāngaia kia
tupu kia puāwai
i ngā mokopuna
mō āpōpō

Instagram:
tewharepiringa

