



Te Tau Ihu maternal and infant mental health day

Date: August 18th 2026

Time: 9:00am - 4:00pm

Location: Nelson | Hybrid

TIME	AGENDA ITEM
9:00am - 9:15am	Welcome and registration
9:15am - 9:35am	Karakia Whakatau
9:35am - 9:50am	House keeping & Updates Lisa Maughan Whāraurau & Kylie Boyd Te Whatu Ora Health New Zealand
9:50am - 10:15am	Morning tea
10:15am - 11:00am	Whānau Whakapuāwai: a Kaupapa Māori approach to perinatal mental health Cara Meredith and Christina Daly Te Puawaitanga ki Ōtautahi Trust
11:00am - 12:00pm	Maternal Mental Health Service Nelson Tasman Nicola Belcher Hauora Hinengaro Māmā, Te Whatu Ora
12:00pm - 12:45pm	Lunch
12:45pm - 1:30pm	The conversation we need to have Heather Aldridge Addiction Services, Te Whatu ora
1:30pm - 2:00pm	Infant mental health and the antenatal period Sophie de Hamel Hapai Hapūtanga Māmā me Pēpi Oranga
2:00pm - 2:20pm	Afternoon tea
2:20pm - 3:00pm	Engagement and care in the rural context Cam Tonks Te Whare Mahana Trust
3:00pm - 3:45pm	Panel discussion: Holistic and connected care Rāwā Karetai Te Whatu Ora Emma Constantine Health Action Trust Elle Pittman Yellow Brick Road Alice Evatt Yellow Brick Road
3:45pm	Mihi mihi Closing



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