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6 May 2022

9(2)(a)

RE Official Information Act request CDHB 10856 and WCDHB 9687

I refer to your email dated 16 April 2022 requesting the following information under the Official Information Act from Canterbury DHB and West Coast DHB. Specifically:

- 1. The number of women referred to outpatient Maternal Mental Health to this DHB in 2021 and the number that were accepted.**

Canterbury DHB:

369 women referred
112 women accepted
257 women not accepted

West Coast DHB:

One woman referred and accepted

- 2. The current wait times for outpatient Maternal Mental Health in this District Health Board.**

Canterbury DHB:

26 women are on the waitlist
Average wait time is 70 days.

West Coast DHB:

0 women are on the waitlist
There is no wait time currently

Canterbury DHB:

Specialist Mental Health Service provides Mothers and Babies mental health inpatient and outpatient services. Inpatient treatment is provided for mothers or primary care givers who are under a mental health service in their home District Health Board or acutely through the Crisis Resolution Team in Canterbury. Outpatient treatment is offered to mothers and primary care givers living in the Canterbury DHB catchment area who have been referred by their general practitioner (GP), other mental health

services or medical specialists. The team provides education, liaison, training and case consultation to services throughout the South Island.

West Coast DHB:


The West Coast DHB does not provide a specific maternal mental health service in its own right. Women on the West Coast are cared for across primary and secondary services according to severity and nature of mental health issues during pregnancy and post-delivery, including acute response; general mental health and addiction counselling; and brief intervention counselling for mild to moderate mental health care.

West Coast services have access to advice from the Regional Mothers and Babies service in Christchurch on a case by case basis and regular liaison and education meetings. Those few West Coast women requiring specialised post-delivery inpatient maternal mental health care input are referred and transferred through to tertiary level inpatient services in Christchurch.

I trust that this satisfies your interest in this matter.

Please note that this response, or an edited version of this response, may be published on the Canterbury DHB website and West Coast DHB website after your receipt of this response.

Yours sincerely

A handwritten signature in black ink, appearing to read 'RLS', with a long horizontal line extending to the left from the bottom of the signature.

Ralph La Salle
Senior Manager, OIAs
Canterbury DHB & West Coast DHB.