



Welcome to the brand new PADA newsletter!

Tēnā koe

The team here at PADA - Perinatal Anxiety & Depression Aotearoa - have been working hard at some exciting developments over the last few months; **updating our website, database, all our information and resources** and taking part in heaps of **advocacy** for better perinatal mental health outcomes in Aotearoa.

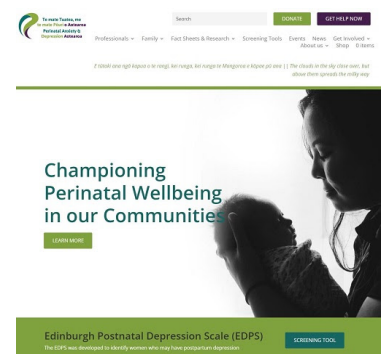
While making sure everything is super secure, up-to-date and working smoothly, **there might be a few niggles in our systems**. So if this email is a surprise to you, you're receiving it because you have supported PADA in the past, attended an event or [Popup Chat](#), or signed up to our newsletter.

If you spot something to correct, or receive this more than once, please [let us know](#). If don't want to hear from us scroll down to unsubscribe with the link below, we will update your details and we're sorry to see you go. Read on for all our news!

Introducing our brand new website!

You asked and we listened - you needed more information, resources, referral pathways and the universally regarded [Edinburgh Postnatal Depression Scale \(EPDS\)](#) screening tool, used by health professionals to identify depression in people postpartum. We also have an easier [Events](#) booking system and [Online Shop](#).

Visit www.pada.nz for all this and so much more now. [#kristinslight](#)



PADA Seminars 2022 - Midwifery Continuing Education Hours

As the year comes to a close, we have one seminar left to go. We bring our PADA Seminar to [Ōtepoti Dunedin](#) on 30 Noema November 2022. In case you missed it, we recorded our Pōneke Wellington Seminar, the first with a focus on [ADHD and Autism during the Perinatal Period and Perinatal OCD](#), hailed as 'one of the best yet', available until the end of the year. 2023 wānanga dates TBC!



Calling all Midwives, Waikid Nurse, Social Workers, Psychologists, Nurses, GPs, Family Community Support Workers, Psychotherapists, Childbirth Educators, HR Professionals, Counsellors, Mental Health Clinicians, Early Childhood Educators

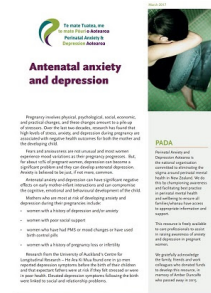
Wānanga: Wānanga Queenstown, Māwhera Greymouth, Ōtautahi Christchurch, Whangārei, Whakaoriori Masterton, Waihopāi Invercargill, Pōneke Wellington, Whakatū Nelson, Whanganui, Tāmaki Makaurau Auckland, Taupō, Ahuriri Napier, Kirikiriroa Hamilton

Attracts Midwifery Continuing Education Hours
These seminars provide professional development for those supporting families by mental illness related to pregnancy, childbirth & early parenthood.

To make Tautua, me te mātā Pūari o Aotearoa Perinatal Anxiety & Depression Aotearoa www.pada.nz/events

Free Printed Resources - to help you support new parents

We have a wide range of printed resources available to support your work within the community. We send these to you or you can download these from our website. These include how to support people with postnatal and antenatal depression, PTSD, Perinatal OCD and many more! Find them all on the page [Fact Sheets & Research](#).



Antenatal anxiety and depression

Antenatal anxiety and depression are common conditions that affect many pregnant women. They can have a significant impact on the health of both the mother and the baby. It is important to seek support and treatment if you are experiencing these symptoms.

PADA

Perinatal Anxiety & Depression Aotearoa is a national organisation dedicated to supporting pregnant women and new parents who are experiencing mental health issues. We provide information, support, and resources to help you manage your symptoms and improve your well-being.

Check out our recent mahi - in the media and in advocacy

PADA Tangata Tiriti Co-Chair Leigh Bredenkamp was part of the group that [lobbied for change](#) - and now birth injuries are covered by ACC, which was passed into law on 1st October this year. Also watch our PADA Educator Liora Noy on [Newshub](#), after calls for better screening during pregnancy were reported by Koi Tū | The Centre for Informed Futures. Read our [Latest News here](#).



Newshub.

PADA Educator on Newshub: Researchers push for universal mental health screening during pregnancy and early parenting

www.pada.nz/latest-news

PADA Membership - receive benefits, support our mahi, help our mission!

When people like you are passionate about perinatal mental health, becoming a member helps us provide **education, networking** and **tools** for health professionals supporting new parents. Membership enables us to operate as a registered incorporated society and benefits include **reduced seminar fees, discounts** on our books and **professional affiliation**. From \$40 per year, [become a member now!](#)



MEMBERSHIP with PADA

To make Tautua, me te mātā Pūari o Aotearoa Perinatal Anxiety & Depression Aotearoa

Join our community of dedicated perinatal champions; a professional affiliation that illustrates our commitment to helping those suffering from perinatal mental disorders, contribute to our mahi & influence our direction!

2023 WĀNANGA | PADA Seminars - Watch This Space!



2023 PADA SEMINAR SERIES

Calling all Midwives, Wellchild Nurses, Social Workers, Psychologists, Nurses, GPs, Family Community Support Workers, Psychotherapists, Childbirth Educators, HR Professionals, Counsellors, Mental Health Clinicians, Early Childhood Educators

Wānaka	Pōneke Wellington
Tāhuna Queenstown	Whakatū Nelson
Māwhera Greymouth	Whanganui
Ōtautahi Christchurch	Tāmaki Makaurau Auckland
Whangārei	Taupō
Whakaoriori Masterton	Ahuriri Napier
Waihōpai Invercargill	Kirikiroa Hamilton

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www.pada.nz/events

We are excited to be finalising our 2023 Wānanga | PADA Seminars coming to the following cities: **Wānaka - Tāhuna Queenstown - Māwhera Greymouth - Ōtautahi Christchurch - Whangārei - Whakaoriori Masterton - Waihōpai Invercargill - Pōneke Wellington - Whakatū Nelson - Whanganui - Tāmaki Makaurau Auckland - Taupō - Ahuriri Napier - Kirikiriroa Hamilton - [Book here.](#)**

Finally, ngā mihi maioha to our funders.. without whom all our mahi would not be possible!



You can make a [taxable donation](#), check out [other ways you can support PADA](#) or check out the range of [merchandise](#) available via our [website](#). Ngā mihi nunui, the team at PADA.



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(Confidential answer machine)



We gratefully acknowledge the family, friends and work colleagues who donated funds in memory of Kristin Taylor who passed away in 2020. We have developed our new website to shine #kristinslight

You are receiving this email because you have previously subscribed to a Popup Chat, attended one of our events, or signed up to our newsletter. If you want to change how you receive these emails, you can update your preferences and unsubscribe using the link below.

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