

Hine Tu Hine Ora

Trauma informed perinatal mental health practice
through a Te Ao Māori Lens

**Hine Tu Hine Ora is training for those working
with whānau in the perinatal period**



*New Zealand's rate of maternal suicide is seven times higher than that of the United Kingdom. Māori women experience an increased risk of suicide and are over-represented in the number of maternal suicides.**

*2019 Maternity Report MOH

PADA has a focus on improving access to primary mental health services for all women with a focus on Māori women.

For more information:
events@pada.nz



**Te mate Tuatea, me
te mate Pōuri o Aotearoa**
**Perinatal Anxiety &
Depression Aotearoa**

Ko wai mātou?

Perinatal Anxiety and Depression Aotearoa (PADA) is a not-for-profit organisation that provides education programmes for healthcare practitioners working with Whānau during the perinatal period. Born out of the 13th PMMRC report, Hine Tu Hine Ora is a PADA programme that aspires to enable communities and healthcare practitioners to support wāhine Māori and their whānau in the perinatal period with mental health struggles from a trauma informed lens.

Joanne Teina, Ngati Apakura, Ngati Maniapoto, is a retired midwife and nurse and traditional Māori birthing expert who is passionate about perinatal mental health because of her own lived journey and that of her whānau. Hine Tu Hine Ora is a workshop that teaches not only cultural competency but empathy as well, through an innovative approach; The Empathy Game.

Gloria Sharplin | Mama to Maanaki, has lived experience and is training to facilitate Hine Tu Hine Ora in 2023.