

# Specialist Pregnancy/Grief and Loss Counselling Service



Patient Information

Te Mahoe Counselling Service

## About Te Mahoe – Our Values

We are committed to helping all women across their reproductive life who are facing difficult decisions regarding their pregnancy. As a team we aim to support you to reach a decision that is right for you, taking into account your life, family/whānau and culture. Your wishes remain the most important in the counselling process. We value diversity and respect difference. As a team of 5 counsellors/social workers, we work closely with the Women's Health multidisciplinary team which is comprised of doctors, nurses, midwives and administrators. We aim to help with access to the relevant health care and welfare services in the health care system and community.

## Services offered:

1. Pre-decision counselling for women who are pregnant and undecided about the pregnancy.
2. Decision making when fetal abnormality is diagnosed during pregnancy.
3. Providing a confidential place to talk about experiences and feelings pre and post a termination of pregnancy.
4. Grief and loss counselling following a loss or pregnancy, through miscarriage or stillbirth.
5. Assistance with decision making and information about contraceptive options.
6. Referral for cultural and spiritual support surrounding pregnancy and decision making related to loss of pregnancy.

## How to Refer

Referral to Te Mahoe is from your GP, Family Planning Clinic, other healthcare professional, or self-referral.

24 hours' notice is needed in case of cancellation or if you need to change your appointment.

## Where to find us

Te Mahoe – Women's Clinics Reception is located on Level 3, in Wellington Hospital, Riddiford Street, Newtown, Wellington. When you arrive at the main entrance, go up the escalator to level 3.

## Contact us

Te Mahoe Counselling Service

Phone: (04) 806 0761

Fax: (04) 806 0323

Hours: 8am-4pm, Tuesday to Friday