

Pregnancy, Parenting, Baby Loss Support

Auckland • Waikato • Online

Whether you're pregnant, adjusting to parenthood, experiencing emotional distress, or grieving the loss of a baby, support is available. This guide brings together trusted services across Auckland, Waikato and online to help you find the right support.

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Pregnancy & Parenting Support

Well Women

Best for: Pregnancy, early parenting and emotional wellbeing.

Support available

- 24-hour phone support

- Home visits
- Peer support groups

Available in

- Manurewa
- Papakura
- Franklin

Phone: 021 158 8134

Email: referral@wellwomen.org.nz

Website: <https://wellwomen.org.nz>

PADA – Perinatal Anxiety & Depression Aotearoa

Best for: Finding the right maternal mental health support.

Support available

- National support directory
- Information and resources
- Parent and whānau videos
- Links to local services across New Zealand

Phone: 04 461 6318

Email: admin@pada.nz

Website: <https://pada.nz>

Find support: <https://pada.nz/support-services/>

Awhi Rito (Counties Manukau)

Best for: Specialist maternal mental health support.

Referral through your GP or Midwife.

24-hour phone: 0800 678 323

Office: 09 531 4040

Website: <https://pada.nz/counties-manukau/>

Mothers Helpers

Best for: Counselling and support for parents experiencing anxiety, depression or emotional distress during pregnancy and early parenting.

Phone: 0800 002 717

Mobile: 022 093 1822

Email: info@mothershelpers.co.nz

Website: <https://www.mothershelpers.co.nz>

Hapūtanga with Māmā Jo

Best for: Kaupapa Māori pregnancy education, connection and whānau support.

Facebook: <https://www.facebook.com/Hapūtanga-with-Māmā-Jo-103116445020600>

MHERC

Best for: Mental health information, education and resources for parents and whānau.

Phone: 09 623 4812

Email: info@mherc.org.nz

Website: <https://mherc.org.nz>

Little Miracles Trust

Best for: Families with babies in NICU or SCBU.

Phone: 0800 568 583

Email: support@littlemiraclestrust.org.nz

Website: <https://littlemiraclestrust.org.nz>

Baby Loss Support

Sands New Zealand

Best for: Baby loss, including miscarriage, stillbirth, neonatal death and pregnancy after loss.

Support available

- Online support groups
- Local support groups throughout New Zealand
- Peer support
- Phone support
- Information and resources

Phone: 0508 726 372

Email: info@sands.org.nz

Website: <https://sands.org.nz>

Find your local group: <https://sands.org.nz/supportgroups.html>

Sands Online Groups

Free online peer support groups run by Sands New Zealand.

To register: Email secretary@sands.org.nz with your phone number and region to receive the Zoom link.

Pregnancy After Loss

- Third Wednesday of each month
- Online via Zoom

Empty Arms

- Second Wednesday of each month
- Online

Rainbow Whānau Baby Loss Support

- Last Wednesday of each month
- Online

Facebook Support Communities

- Bereaved Whānau Chat
- Bereaved Dads Chat
- Bereaved Grandparents Chat
- Bereaved Whānau Information Page

Learn more: <https://www.sands.org.nz/online-support.html>

Sands Auckland Central

Best for: In-person peer support following the loss of a baby.

Phone: 0508 726 372

Website: <http://www.sandsauckland.org.nz>

Facebook: <https://www.facebook.com/pages/Sands-Auckland-Central/112396652171998>

Support group

First Thursday of each month (*except January*)

7.15pm–8.45pm

YMCA Mt Albert
773 New North Road
Mt Albert, Auckland

Sands Waikato

Best for: Peer support following the loss of a baby.

Phone: 027 335 8114

Facebook: <https://www.facebook.com/SandsWaikato>

Need Immediate Support?

These free services are available 24 hours a day, 7 days a week, if you need someone to talk to.

Lifeline

Best for: Anyone experiencing emotional distress or needing someone to listen.

Auckland: 09 522 2999

Outside Auckland: 0800 543 354

Free text: HELP to 4357

Youthline

Best for: Young people aged **12–24 years**, and anyone supporting a young person.

Phone: 0800 376 633

Samaritans

Best for: Anyone who needs someone to listen, especially if you're feeling lonely, overwhelmed or in emotional distress.

Phone: 0800 726 666

If you or someone else is in immediate danger or requires urgent medical assistance, call 111.

About this guide

This guide has been compiled by **DRIVE Consumer Direction** to help people find trusted support services. While we do our best to keep information up to date, meeting times and contact details may change. Please check the organisation's website or contact them directly for the latest information.