

Pregnant?

See a midwife.



How to find a midwife:

- Go to www.findyourmidwife.co.nz
- Ask your GP or Practice Nurse
- Ask for recommendations from friends and whānau.

If you have been unable to find a midwife call:

- 03 470 9858 (Otago)
- 03 218 1949 Ext. 48523 (Southland)

All eligible women are entitled to maternity care at no cost.

More support and advice is available

Dunedin / North Otago

*Arai Te Uru Whare
Hauora*
www.araiteuru.co.nz
03 471 9960

Aukaha
www.aukaha.co.nz
03 477 0071

Pacific Island Trust
www.pto.nz
03 455 1722

Milton / South Otago

Tokomairiro Waiora
03 417 7430
0800 769 648

East Otago

*Tumai Ora Whanau
Services*
[www.puketeraki.nz/
Wellbeing/Tumai+Ora+
Whanau+Services.html](http://www.puketeraki.nz/Wellbeing/Tumai+Ora+Whanau+Services.html)
03 465 7651

Central Otago

Uruuruwhenua Health
03 448 8634

Family Planning Otago
03 477 5850

Southland

*Pacific Advisory and
Cultural Trust*
www.fb.com/
PIACT-364043050965536
03 214 6089

*Awarua Social & Health
Services*
www.awaruashs.maori.nz
03 218 6668
0800 292 782

*Nga Kete Matauranga
Pounamu*
www.kaitahu.maori.nz
03 214 5260
0800 925 242

District wide

Family Planning
[www.familyplanning.org.
nz](http://www.familyplanning.org.nz)
03 477 5850 (Dunedin)
03 214 4978 (Invercargill)

