**Pregnant women under 20 years of age**

Finding out you're pregnant when you're a teenager can be daunting, especially if the pregnancy wasn't planned. There are a wide range of services to support them in the antenatal and postnatal periods.

**LMCs: discuss a referral to either the ADHB Womens Social Worker or Aranga Tētēkura Service with the woman during pregnancy so she can have access to additional support and help.**

**Services available**

**ADHB Community midwives**

Through the Walk-in Centre, midwives are available to provide women with free advice and information, including:

• Help finding an LMC

• Information on maternity services available in Auckland

• Early pregnancy advice, including screening options, scans (ultrasounds), blood tests, healthy eating and exercise

• Help to enrol in local Pregnancy and Parenting Education classes

For additional information visit: <http://nationalwomenshealth.adhb.govt.nz/our-services/maternity/pregnancy-care/walk-in-centre-and-community-clinic/>

**ADHB Womens Health Social Workers**

Social workers are available to assist teenagers with family and personal problems. They can provide:

* Information
* Counselling
* Liaison services.

To refer, use Auckland DHB internal referral form (see Associated Documents) for women both in the community and inpatients.

Scan and email to [womenshealthswk@adhb.govt.nz](mailto:womenshealthswk@adhb.govt.nz)

or **fax: 09 307 8987** or **internal fax: 25987**

**Aranga Tētēkura Service (Maternal Wellbeing and Child Protection)**

Aranga Tētēkura is an interprofessional advisory forum that brings together the right individuals and services to promote the best possible outcome for women, their baby/babies and whānau/family.

Find the referral form here: <https://nationalwomenshealth.adhb.govt.nz/assets/Aranga-Tetekura-referral-form.pdf>

Email [arangatetekura@adhb.govt.nz](mailto:arangatetekura@adhb.govt.nz) for more information.

**Eden Campus** (part of Auckland girls Grammar School)

Eden Campus welcomes year 9-13 students who are pregnant or teen parents wanting to continue secondary school.

For more information visit their website: <http://aggs.school.nz/eden-campus>

**Family Planning**

Under 22 years and a NZ resident or eligible for subsided health care your appointment will always be free. There might be a charge for some services.

For more information visit: <https://www.familyplanning.org.nz/clinics/fees#Under22>

**Kiwi Families**

Kiwi Families provides support for teen parents.

See their website for more information: <https://www.kiwifamilies.co.nz/articles/support-for-teen-parents/>

**Ministry of Health**

The Ministry of health website offers links to services and support for young pregnant women.

For more information, visit their website: <https://www.health.govt.nz/your-health/pregnancy-and-kids/services-and-support-during-pregnancy/support-young-pregnant-women>

**Ohana**

Ohana offers a 12 week programme that provides advice and guidance on parenting for teens that live in West Auckland. Transport may be available to students who live in the area. Support can be provided to students wanting to gain NICEA level 1, 2 or 3.

For additional information visit: <http://ohana.org.nz/>

**Teen Supported House**

Teen Supported House provides emergency housing for Teenage mothers and babies.

For further information visit their website: <https://taonga.org.nz/teen-supported-house/>

**Thrive**

Thrive provides support for teenage parents. More information at: <http://www.thrive.org.nz/>