

Re-centre is a private mental health clinic in Auckland, providing expert antenatal and postnatal psychiatric and psychological care.

**Who are we?** Re-centre is a team of health professionals made up of psychiatrists, clinical psychologists, and a nurse therapist.

**What do we do?** At Re-centre, we recognise and respect your life journey. We help you understand, choose and achieve your unique and personal care pathway.

We can help with:

- \* Antenatal and postnatal depression
- \* Elective c-section assessments
- \* Medication advice in pregnancy and breastfeeding
- \* Preconception assessment and advice
- \* Maintaining mental wellbeing for women who are trying to conceive (who have had previous mental health difficulties)
- \* Post traumatic stress disorder (PTSD)
- \* Couples issues
- \* Bonding issues
- \* Grief and loss

### *How to refer to Re-centre*

We prefer referrals to come via your GP, Gynaecologist, or Obstetrician, in the first instance.

Please also see our website for referral details.

Level 3, 12-16 Nicholls Lane,  
Parnell, Auckland 1010  
Phone: +64 (9) 884 8350

Fax: +64 (9) 282 4872  
referrals@recentre.co.nz  
www.re-centre.co.nz

 Re-centre

## Best beginnings

Providing care from  
conception to motherhood

Proven mind health pathways



# What do we offer?



Re-centre offers a range of perinatal services for people.

## Consultation and assessment

Usually your care will start with an assessment by one of our perinatal psychiatrists. Together, you then develop a care pathway.

## Interventions

We provide a range of interventions personalised to your needs. These can be made up of individual and/or group sessions.

Your care may be provided by a psychiatrist, clinical psychologist, nurse therapist or a combination.

## 1:1 Personal therapy

Your Re-centre psychiatrist, clinical psychologist or nurse therapist can provide a variety of therapy modalities, using techniques and styles reflecting your personal goals, experiences, and expectations.

Re-centre personal therapy can include:

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Cognitive Behavioural Therapy

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Interpersonal Therapy

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Eye Movement Desensitisation and Reprocessing (EMDR)

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Acceptance and Commitment Therapy

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## Transcranial Magnetic Stimulation Therapy (TMS)

TMS is an effective and non-invasive procedure known to improve symptoms of depression and other disorders. It has been found to be an effective alternative for those who experience depression. TMS can be used with other treatments for depression, or it can be used on its own if medication tolerability is an issue.

Your psychiatrist at Re-centre can discuss TMS with you as part of your treatment package. It can be used safely in pregnancy and when breastfeeding.

## Complementary support

We provide complementary support such as yoga, mindfulness, or art therapy options that form part of our group programmes. Please discuss with your specialist whether this could be part of your treatment.

*Please discuss our services with your GP, Gynaecologist, or Obstetrician.*