

## New support service for parents struggling with perinatal mental health officially opens in Griffith

- One in ten (12%) parents in regional NSW have struggled with perinatal mental health symptoms and did not seek support
- Member for Murray, Helen Dalton MP, will officially open Gidget House Griffith at Tresillian Family Care Centre on Monday, 29 September
- The free specialist mental health service for expectant, new and potential parents will provide much needed support to south-western NSW, the 6<sup>th</sup> Gidget House to open in regional NSW this year

**EMBARGO: 29 September 2025** – With perinatal depression and anxiety (PNDA) impacting over 700 parents in the Riverina region alone each year<sup>1</sup>, a local service officially opens to support those during this challenging time. Gidget House Griffith at Tresillian Family Care Centre offers free GP-referred, specialist counselling sessions to expectant, new and potential parents.

Building on Gidget Foundation Australia's commitment to expanding its services to support regional Australians, this will be the second Gidget House to officially open in the south-western NSW region. Supporting parents struggling with early parenthood in the Riverina region, the service offers a blend of bulk-billed face-to-face and telehealth counselling.

The service officially opens as one in ten (12%) parents in regional NSW reveal they have struggled with perinatal mental health symptoms and did not or were not able to seek support.

**Member for Murray Helen Dalton MP**, will officially open Gidget House Griffith at Tresillian Family Care Centre on Monday 29 September welcoming the service to parents in the Riverina region.

**Helen Dalton MP**, says, "It is a privilege to officiate the opening of Gidget House Griffith at Tresillian Family Care Centre, which will provide much needed mental health services to expectant, new and potential parents in this regional community.

"As a mother who has raised four children on a farm, I know how wonderful regional living can be, but I also understand the challenges parents in regional areas can face when becoming parents. Having a Gidget House in the Riverina Region will mean local parents will have access to specialist mental health support in the perinatal period."

**CEO of Gidget Foundation Australia, Arabella Gibson**, says the official opening of Gidget House Griffith at Tresillian Family Care Centre is another step forward in the organisation's ongoing commitment to supporting parents in regional New South Wales.

"Our research shows that one in ten parents in regional New South Wales were unable to access the support they needed during the perinatal period. For families living in remote areas, the struggle is compounded by steep financial costs and geographic isolation.

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1. This is based on 2,135 births pa (ABS, Births Australia 2023), equating to approximately 4,270 new parents each year, of which around 711 parents who will be impacted by PNDA.

“Gidget House at Griffith marks the sixth location we’ve opened in regional New South Wales this year. By extending our services into south-western New South Wales, we’re committed to delivering high-quality perinatal mental health support to regional and remote communities that need it most,” Ms Gibson adds.

Building upon Gidget Foundation Australia’s and Tresillian’s long history of collaboration and partnership, Gidget House Griffith operates within the local Tresillian Family Care Centre. The services available at Gidget House Griffith are in tandem with the services Tresillian offers, providing parents with wrap-around care and support for both their baby’s health, and their own.

**CEO of Tresillian, Robert Mills**, says that the collaboration between Gidget Foundation Australia and Tresillian is crucial for supporting parents in regional New South Wales.

“Perinatal depression and anxiety continue to be surrounded by stigma, leaving many parents – particularly in regional areas – unaware that help is within reach. Our partnership with Gidget Foundation Australia has enriched our early parenting services, and I’m thrilled we’ve now extended their invaluable services within the Riverina Region.”

Gidget Foundation Australia and Tresillian acknowledge the obstacles faced by expectant, new and potential parents in regional communities and are dedicated to ensuring they have access to services that will support them through their pregnancy and parenthood journeys.

For more information about Gidget Foundation Australia, Gidget House and the services the organisation provides, visit [gidgetfoundation.org.au](http://gidgetfoundation.org.au).

- Ends -

#### Media Call:

**Date:** Monday, 29 September

**Time:** 2:00pm to 3:30pm

**Address:** Gidget House Griffith at Tresillian Family Care Centre, 101 Binya Street, Griffith NSW 2680

**Contact:** MediaCast | Vinh Tran | 0402 361 266

**About Gidget Foundation Australia:** Gidget Foundation Australia is a not-for-profit organisation that exists to support the mental health of expectant, new and potential parents to ensure they receive accessible, timely and specialist care.

As the national leading provider of perinatal mental health services, Gidget Foundation Australia offers year-long, free, specialist perinatal mental health psychological services, via face-to-face and telehealth; and invests in retention, engagement, and development of its 175+ clinicians through an innovative training, mentoring and supervision workforce development program.

**About Gidget:** *Gidget* was the nickname of a vibrant young mother who tragically took her own life while experiencing postnatal depression, a diagnosis she kept close to her heart.

Together her loving family and friends created Gidget Foundation Australia determined that what happened to *Gidget* would not happen to others.

**About Tresillian:** Tresillian is a not-for-profit early parenting service offering families guidance in the early years of their child’s life. Tresillian support new parents around breastfeeding and settling baby, as well as dealing with post-natal depression and nutrition. As Australia’s largest early parenting not-for-profit organisation, Tresillian

has enjoyed an outstanding reputation for providing quality evidence-based advice and support to parents for over 100 years. Tresillian offers an array of programs to help parents experiencing challenges in the early parenting period whether this be an unsettled crying baby, sleep difficulties, feeding problems, managing multiple babies or toddler behaviour, whilst importantly focusing on the emotional wellbeing of the family as a whole.

## **About the Citations**

The data by Gidget Foundation Australia was carried out on a sample of 505 expectant parents and parents with children under 3 in May 2024. Methodology: The data sample was weighted against ABS data for age, gender and location using an online survey that was independently conducted and verified by PureProfile.