

New support service for parents struggling with perinatal mental health officially opens in Burleigh Heads

- **With a 3.9% rise in birthrates in the Gold Coast Region last year¹, it is estimated 2,400 parents will be impacted by perinatal depression and anxiety (PNDA) each year²**
- **Senator for Queensland Corinne Mulholland will officially open Gidget House Burleigh Heads at Stockland on Monday 20 October – the first Gidget House to open on the Gold Coast**
- **The free specialist perinatal mental health service provides much needed support for expectant, new and potential parents in the Gold Coast Region**

EMBARGO: 20 October 2025 – With perinatal depression and anxiety (PNDA) impacting approximately 2,400 parents in the Gold Coast Region each year, a local service officially opens to support those during this challenging time. Gidget House Burleigh Heads at Stockland offers free GP-referred, perinatal mental health support to expectant, new and potential parents.

Building on Gidget Foundation Australia's commitment to expanding services to support regional Australians, this is the first Gidget House to officially open on the Gold Coast and is one of 39 Gidget Houses nationally. Supporting parents struggling with early parenthood, the service offers a blend of bulk-billed face-to-face and telehealth counselling.

Senator for Queensland Corinne Mulholland will officially open Gidget House Burleigh Heads at Stockland on Monday 20 October, welcoming the service to parents on the Gold Coast.

Senator Corinne Mulholland, says, "As a new mum I still find it impossible to properly describe the mix of wonder, shock, and joy that hits you as soon as a baby arrives – so I can imagine how new parents might become overwhelmed by the responsibility of caring for a precious and fragile new life.

"It's critical to have local specialist services close to home, to support families where parents might be experiencing, or at risk of developing a perinatal mood or anxiety disorder.

"I know Gidget House Burleigh Heads at Stockland will provide much-needed, and potentially lifesaving, support to local parents. It is my honour to open this impressive new facility."

Since inception, Gidget Foundation Australia has supported over 13,000 families through the delivery of over 112,000 appointments nationally. It is estimated that one in five mums and one in ten dads are impacted by PNDA which is approximately 100,000 Australian parents each year, underscoring the need for the continued development of support across the country.

CEO of Gidget Foundation Australia, Arabella Gibson, says the official opening of Gidget House Burleigh Heads at Stockland is another step forward in the organisation's ongoing commitment to supporting parents in regional Queensland as well as nationally.

"One in four (25%) parents in Queensland were unable to afford access to the support they needed in the perinatal period, while a further one in six (16%) parents did not know how to access the support they needed.

¹ Source: KPMG Analysis, ABS Births, Australia

² Based on the Gold Coast Region birth rate of 7,140 in 2024 (Source: KPMG Analysis, ABS Births, Australia), it is estimated that 2,380 parents will be impacted by perinatal depression and anxiety.

This research reminds us that accessibility and affordability of perinatal mental health care remain a major challenge.”

“Expanding our services to the Gold Coast represents a crucial step in our mission to break down barriers preventing perinatal mental health care access,” Ms Gibson says.

Building upon Gidget Foundation Australia and Stockland’s history of collaboration, Gidget House at Burleigh Heads operates within the local Stockland shopping centre, providing parents with access to perinatal mental health support in the heart of the community. Gidget House Burleigh Heads is one of nine locations across Australia in partnership with Stockland.

Stockland Burleigh Heads Centre Manager, Sharron Puck, says the collaboration between Gidget Foundation Australia and Stockland will provide valuable support to young families on the Gold Coast.

“We are delighted to partner with Gidget Foundation Australia to provide a dedicated space for this important perinatal mental health service. Stockland Burleigh Heads shopping centre is a hub for the community and supporting their health and wellbeing is a top priority for us.

“The opening of Gidget House will increase the community’s access to services and raises awareness of the support available to parents struggling with perinatal depression and anxiety.”

Gidget Foundation Australia and Stockland acknowledge the obstacles faced by expectant, new and potential parents across the country and are dedicated in ensuring they have access to services and support, assisting them with perinatal mental health concerns.

For more information about Gidget Foundation Australia, Gidget House and the services the organisation provides, visit gidgetfoundation.org.au.

- Ends -

Media Call:

Date: Monday, 20 October

Time: 1:45pm arrival for a 2:00pm start

Address: Gidget House Burleigh Heads at Stockland, 149 West Burleigh Road, Burleigh Heads QLD 4220

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.

To access perinatal mental health support, speak to your GP about a referral and a Mental Health Treatment Plan, and contact Gidget Foundation Australia’s Client Experience Team on 1300 851 758 to discuss support options specific to your needs.

For further information and helpful resources visit gidgetfoundation.org.au.

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 Stockland: Stockland is a leading creator and curator of connected communities with people at the heart of the places they create. For more than 70 years, they have built a proud legacy, helping more Australians achieve the dream of home ownership, and enabling the future of work and retail. Today, they continue to build on their history as one of Australia's largest diversified property groups to elevate the social value of places, and create a tangible sense of human connection, belonging and community for their customers. They own, fund, develop and manage one of Australia's largest portfolios of residential and land lease communities, retail town centres, and workplace and logistics assets. Their approach is distinctive, bringing a unique combination of development expertise, scale, deep customer insight, and diverse talent - with care in everything they do. They are committed to contributing to the economic prosperity of Australia and the wellbeing of their communities and their planet.

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.