

## South Australia's First Gidget House officially opens to support parents with perinatal mental health challenges

- **New data reveals over a third of parents in South Australia have experienced perinatal mental health symptoms but did not seek support**
- **The Hon. Emma McBride MP, Assistant Minister for Mental Health and Suicide Prevention and Assistant Minister for Rural and Regional Health, will officially open South Australia's first Gidget House**
- **The new perinatal mental health service brings much needed support to South Australian parents experiencing perinatal depression and anxiety**

**EMBARGO: 21 April 2026** – With almost a third of parents (31%) in South Australia unsure of how to access perinatal mental health support, a new service officially opens in Adelaide. South Australian parents can now access free\* face-to-face and telehealth psychological therapy services at the new Gidget House Elizabeth at United Way South Australia.

Gidget House Elizabeth at United Way South Australia opens as new data from Gidget Foundation Australia reveals that over a third of parents (34%) across South Australia have experienced perinatal mental health symptoms but had not sought professional help. Additionally, only a quarter (26%) of South Australian parents surveyed had their mental health screened during the prenatal period.

With approximately 100,000 parents experiencing perinatal depression and anxiety (PNDA) annually in Australia, one in five mothers and one in ten fathers are impacted, underscoring the need for the increase of specialised services across the country.

Since inception, Gidget Foundation Australia has supported more than 16,000 families through the delivery of over 126,000 free\* appointments across 43 Gidget House locations nationally. The opening of South Australia's first Gidget House builds upon Gidget Foundation Australia's commitment to expanding services nationally to ensure parents receive accessible, timely and specialised perinatal mental health care.

**Assistant Minister for Mental Health and Suicide Prevention and Assistant Minister for Rural and Regional Health, The Hon. Emma McBride MP** officially opens Gidget House Elizabeth at United Way South Australia on Tuesday, 21 April.

The Hon. Emma McBride MP welcomes the new service, "The Albanese Labor Government is delivering more mental health services in the heart of communities, backed by Medicare.

"1 in 5 women and 1 in 10 men experience anxiety or depression when they are expecting or have just become new parents and accessing support can be difficult.

"Gidget House Elizabeth at United Way South Australia will give parents in Adelaide a welcoming place to access free mental health support and care."

The opening of Gidget House Elizabeth at United Way South Australia is a significant development to meet the demand for mental health support for expectant, new and potential parents in the state.

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\* The cost of services provided through Gidget House are **funded through Medicare bulk billing**. There are no out of pocket costs for up to 10 individual psychological therapy sessions per calendar year. A referral from a GP and a mental health treatment plan are required.

**CEO of Gidget Foundation Australia, Arabella Gibson**, says “In Gidget Foundation Australia’s 25<sup>th</sup> year, the establishment of our first Gidget House in South Australia is a landmark occasion. We know that parents in South Australia are struggling to access the perinatal mental health support they need, which is why it is so important for us to expand our services to reach these parents and decrease the barriers of accessing care.

“It is estimated that around 5,150 parents<sup>1</sup> in Greater Adelaide will experience perinatal anxiety and depression each year, which is why accessibility of specialised mental health care is so important. The opening of our first Gidget House in South Australia marks an important milestone for not only our organisation but for Adelaide and the sector more broadly,” Ms Gibson says.

Gidget House Elizabeth operates in collaboration with United Way South Australia within the Elizabeth Shopping Centre. The services available at Gidget House Elizabeth are an extension to those provided to local families by United Way South Australia.

**Emma Brooke, CEO of United Way South Australia**, welcomes the addition of Gidget Foundation Australia services to its family-focused centre, “We are delighted to partner with Gidget Foundation Australia to provide a dedicated space for parents seeking perinatal mental health support. While United Way South Australia focuses on the needs of young children, Gidget Foundation Australia serves the needs of parents in the perinatal period, providing families with a convenient hub of support.”

Gidget Foundation Australia and its partners acknowledge the significant challenges faced by expectant, new and potential parents, including barriers to access, stigma and the pressures of early parenthood, and remain committed to ensuring families receive accessible, timely and perinatal mental health care when they need it most.

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

- Ends -

## Media Call:

**Date:** Tuesday, 21 April

**Time:** 9:00am to 11:00am

**Address:** Official opening event will be held:  
Elizabeth City Centre (outside Harris Scarfe)  
50 Elizabeth Way, Elizabeth

Gidget House Elizabeth at United Way South Australia is located:  
Elizabeth City Centre,  
Shop 4, Raleigh Chambers,  
50 Elizabeth Way, Elizabeth

**Contact:** MediaCast | Vinh Tran | 0478 032 011

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<sup>1</sup>Based on 15,452 births pa in Greater Adelaide (ABS, Births Australia 2024)

## **About Gidget Foundation Australia**

2026 marks Gidget Foundation Australia's 25-year anniversary.

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 leading national provider of perinatal mental health services, Gidget Foundation Australia provides year-long, free\* individual and group perinatal mental health psychological therapy services delivered in-person and via telehealth. Gidget Foundation Australia invests in its 175+ clinicians through innovative training, mentoring and supervision to meet growing demand.

Although there have been incredible advances in perinatal mental health awareness, education and support since 2001, there is still so much more to do.

Gidget Foundation Australia's key focus for the next 25 years is to transform perinatal mental health for the next generation.

For further information and helpful resources visit [gidgetfoundation.org.au](https://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 the Citations**

The data by Gidget Foundation Australia was carried out on a sample of 1,069 Australians in November 2025.

Methodology: The data sample was weighted against ABS data for age, gender and location using an online survey that is independently conducted and verified PureProfile.