



Gidget Foundation Australia

Specialised Perinatal Mental Health Support for Parents



Gidget is here for you.

How can Gidget Foundation Australia help me?

We provide free* individual psychological therapy services for expectant, new and potential parents with a perinatal mental health clinician, delivered in-person at one of our **Gidget Houses** or via our Telehealth program, **Start Talking**.

Gidget is here for you.



What is Perinatal Depression and Anxiety (PNDA)?

PNDA is a treatable mental health condition affecting around **1 in 5 mothers** and **1 in 10 fathers**, impacting almost 100,000 parents in Australia each year. PNDA occurs when symptoms of depression and anxiety affect an expectant, new or potential parent for two weeks or more, significantly impacting their daily functioning.

Symptoms may start during pregnancy but can emerge or become more apparent after birth. The onset can be gradual or more sudden. Symptoms respond well to culturally responsive and evidence-informed approaches, so seeking professional support as early as possible is important.

Symptoms of PNDA:

- * Feeling like you can't cope
- * Feeling sadder than usual
- * Constant worrying
- * Feeling worthless
- * Finding it harder to do daily tasks
- * Withdrawing from family or friends
- * Changes in appetite and/or sleep
- * Ongoing lack of connection with your baby
- * Loss of concentration
- * Extended periods of irritability and anger
- * Physical symptoms such as sweaty hands, panic attacks, upset stomach
- * Thoughts of self-harm or suicide

Did You Know ...



1 in 5 mothers and 1 in 10 fathers
will experience perinatal depression and anxiety



**Over 70% of expectant
and new parents**
experience
intrusive thoughts



100,000 Australians
are affected by PNDA each year.

Who do we support?

Our services are available to birthing and non-birthing parents throughout the perinatal period, from pre-conception to 12 months postpartum who:

- * Have a diagnosis or are at risk of developing a perinatal mood and/or anxiety and/or stress related condition, such as PNDA
- * Have experienced birth trauma
- * Have experienced pregnancy related loss, such as miscarriage, stillbirth or termination within the last 12 months
- * Are experiencing difficulties with conception

Support is available for both first-time parents, and those who are welcoming another child.

What is a Gidget House?

Gidget Houses are located nationwide where expectant, new and potential parents can access support in-person with a perinatal mental health clinician. Our Gidget Houses offer a safe and nurturing environment to receive in-person care and support.

To find your nearest Gidget House, visit gidgetfoundation.org.au

What is Start Talking?

Start Talking is our national telehealth program, delivering perinatal mental health support to parents across Australia. Support is provided by a perinatal mental health clinician and delivered via a secure video call service, allowing parents to access care from the comfort of their own homes, no matter where they are located.

How much does it cost?

We provide up to 10 free* individual psychological therapy sessions per calendar year.

To access our bulk-billed services, you will need a referral and Mental Health Treatment Plan from your regular GP. Access to our free services are subject to meeting relevant Medicare eligibility requirements.

You can also access our services on a private full fee paying basis, if you prefer or require.



*Up to 10 individual sessions per calendar year. Access to services provided by Gidget Foundation Australia is subject to meeting relevant Medicare eligibility requirements. Further information about Medicare Better Access services, including eligibility, can be found via the Better Access Initiative Resource Collection.



How to Access Our Free Support

- * Speak with your regular GP about a referral and a Mental Health Treatment Plan.
- * Contact our Client Experience Team on 1300 GIDGET (443 438) to discuss support options specific to your needs.
- * Visit **gidgetfoundation.org.au** for further information, Gidget House locations, other support services and helpful resources.



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 specialised care.

gidgetfoundation.org.au
1300 GIDGET
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