



Gidget Foundation Australia

**Supporting the
mental health of
expectant, new and
potential parents**



Gidget is here for you.

Conception, pregnancy and early parenting are unique journeys, often filled with mixed emotions. While babies bring immense joy, early parenthood can also present various challenges.

If the tough days start to outnumber the good, it might be time to start talking with a professional. Please reach out to our team at Gidget Foundation Australia.

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Did You Know ...



1 in 5 mothers and 1 in 10 fathers

will experience perinatal depression and anxiety

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



Over 70% of expectant and new parents experience intrusive thoughts



100,000 Australians are affected by PNDA each year.



How can Gidget Foundation Australia help me?

We provide individual and group psychological therapy services for expectant, new and potential parents nationwide.

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.

Our Services

Individual Psychological Therapy Services — Gidget House® & Start Talking

Receive free* individual psychological therapy services with a perinatal mental health clinician, delivered in-person at one of our Gidget Houses or via our Telehealth program, Start Talking.

Gidget Houses are located nationwide and offer a safe and nurturing environment to receive in-person care and support. To find your nearest Gidget House, visit gidgetfoundation.org.au

Start Talking is our national telehealth program, allowing families to access care and support from the comfort of their own homes, no matter where they are located.

Group Sessions — Gidget Village®

Participate in free group programs, held in-person or online. These sessions provide a safe and confidential space to work through common issues, encourage others and share support and are guided by perinatal mental health clinicians.

Online Resources

Fact Sheets

Our fact sheets provide helpful, evidence-based support to help parents through various early parenthood experiences and challenges.

Blogs

Our blogs are written by clinicians and professionals, who share their perceptive and provide practical, insightful advice on various topics.

Podcast — 1 in 5 Mothers, 1 in 10 Fathers

Our podcast series tells raw and honest stories of PNDA, paired with expert insights. Each episode explores the realities of parenthood, breaks down stigma surrounding perinatal mental health, and gives you the tools on how and when to seek support.

Lived Experience — Gidget Angel Stories

We are fortunate to have a dedicated group of parents who have generously shared their personal stories to support others. In recognition of their commitment and bravery, we call them our Gidget Angels.

*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.

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