



Gidget Foundation Australia

Supporting Multicultural Families

Specialised Perinatal
Mental Health Support



Gidget is here for you.

In addition to adjusting to early parenthood challenges, Gidget Foundation Australia understands that families from culturally diverse backgrounds may face additional challenges such as a new culture, language and healthcare system.

Our Gidget Foundation Australia Clinicians will provide individualised culturally responsive perinatal mental health support for expectant, new and potential parents from all backgrounds. Where needed, we can arrange additional support, such as a professional interpreter or bilingual clinician, to help ensure you feel heard, understood and supported.

Gidget is here for you.



Did You Know ...



1 in 5 mothers and 1 in 10 fathers

will experience perinatal depression and anxiety

How can Gidget Foundation Australia help me?

Gidget Foundation Australia provides free* individual psychological therapy services with a perinatal mental health clinician. Appointments are available:

- * In-person at one of our safe and welcoming Gidget Houses nationwide, or
- * Via our national Telehealth program, Start Talking, allowing you to access care and support from the comfort of your own home

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

Who does Gidget Foundation Australia support?

Services are available to birthing and non-birthing parents 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.



Over 70% of expectant and new parents experience intrusive thoughts



100,000 Australians are affected by PNDA each year.



How much does it cost?

Gidget Foundation Australia provides up to 10 free* individual psychological therapy appointments per calendar year.

To access our bulk-billed support, you will need a referral and Mental Health Treatment Plan from your GP.

You can also access Gidget Foundation Australia services without a Mental Health Treatment Plan on a private full fee paying basis, if you prefer or require.

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What if I need support in another language?

If you prefer or need to access support in another language other than English, Gidget Foundation Australia is here to help.

Some of our Gidget Foundation Australia Clinicians are bilingual, covering languages such as Cantonese, Bengali, French and Spanish.

Where this isn't available, we can arrange a professional interpreter to attend your appointment, either in person or via Telehealth, depending on availability.

Interpreter services are provided at no cost to you and are completely confidential.

To arrange an interpreter, please contact our Client Experience Team in advance and let us know your language needs, or indicate this on your client information form.[^]

What languages are available?

Interpreter services are provided through the Australian Government's Translating and Interpreting Service (TIS National).

They offer access to over 2,700 interpreters, covering over 150 languages and dialects. Some commonly requested languages include Mandarin, Arabic, Vietnamese, Korean, Hindi and Punjabi.

*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.

[^]A minimum of 3 business days' notice is required. Availability may vary depending on language and location. Telehealth will be offered where in-person interpreters are not available. Interpreter bookings are subject to both clinician and interpreter availability and can only be made once an appointment has been confirmed.



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
contact@gidgetfoundation.org.au

