

How to Refer Your Patient to Gidget Foundation Australia

Gidget Foundation Australia provides Bulk-Billed* 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.

Services are available to birthing and non-birthing parents from pre-conception to 12 months postpartum, experiencing perinatal mental health conditions (such as PNDA), birth trauma, pregnancy loss (including stillbirth, miscarriage or termination) or difficulties with conception. Support is available for both first-time parents, and those who are welcoming another child.

As a trusted health professional, you play a vital role in early detection, support and referral. Your referral can make a life-changing difference for expectant, new and potential parents.



Make A Referral

gidgetfoundation.org.au/access-services

Find Your Nearest Gidget House

gidgetfoundation.org.au/support/gidget-house

Download Helpful Resources

gidgetfoundation.org.au/resource-library

Scan for further information
and helpful resources



* 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.



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