

New perinatal mental health service launches in Joondalup, increasing access and support for parents in Perth

- **Data reveals that over 10,000¹ parents in Western Australia will experience perinatal mental health symptoms each year**
- **Gidget House Joondalup at Joondalup Health Campus will officially open on 26 August 2026**
- **The specialised perinatal mental health service is the second Gidget House in Western Australia and brings much needed support to parents in Perth's northern suburbs**

EMBARGO WEDNESDAY, 26 AUGUST – With perinatal depression and anxiety (PNDA) impacting an estimated 10,000+¹ parents in Western Australia each year, a new service officially opens to support families from pre-conception through to early infancy. Gidget House Joondalup at Joondalup Health Campus will offer free* GP-referred, specialised clinical services for the prevention and treatment of perinatal mental health challenges.

Gidget House Joondalup at Joondalup Health Campus will be the second Gidget House to open in Western Australia, expanding perinatal mental health support services for parents alongside the State's first Gidget House which opened in Harrisdale in 2024.

Offering a blend of bulk-billed, face-to-face and telehealth psychological therapy, the service officially opens as data reveals over a quarter (27%) of WA parents experienced symptoms of PNDA and did not seek professional help. In fact, 35% of WA parents didn't think their symptoms were severe enough to receive support.

As Gidget Foundation Australia celebrates its 25th anniversary, it has supported more than 18,000 families through the delivery of close to 140,000 free* appointments across 48 Gidget House locations nationally.

CEO of Gidget Foundation Australia, Arabella Gibson, says "As we celebrate our 25th anniversary, the opening of a second Gidget House in Western Australia marks another significant milestone for Gidget Foundation Australia. Following the opening of Gidget House Harrisdale at Stockland in 2024, this expansion reflects the growing demand for perinatal mental health support and our commitment to ensuring more parents and families can access timely, specialised care in their local community.

"We're seeing an increase in demand for our services across Australia year-on-year. In the 12 months to the end of June 2026, Gidget Foundation Australia saw a 29% increase in families supported and appointments delivered across Australia.

"The opening of Gidget House Joondalup at Joondalup Health Campus reflects Gidget Foundation Australia's ongoing commitment to expanding our services and meeting this rising demand, with every new Gidget House representing an opportunity to support more families through one of the most important and vulnerable periods of their lives."

¹ Based on 30,541 births in WA pa (ABS, Births Australia 2024)

* 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.

Dr James Cafaro, Ramsay Health Care Operations Executive, Western Australia, says the work Gidget Foundation Australia undertake will support parents in Perth's northern suburbs.

"As the largest healthcare facility in Perth's northern suburbs, we have been supporting local parents and families for more than 30 years. Welcoming Gidget Foundation Australia to Joondalup Health Campus will strengthen the holistic care we provide. The service will ensure parents experiencing perinatal depression and anxiety can access vital support in a familiar and trusted setting."

Acknowledging the significant challenges faced by families from pre-conception through to early infancy, Gidget Foundation Australia and its partners remain dedicated to expanding access to timely perinatal mental health care when and where it is needed most.

For more information about Gidget Foundation Australia, Gidget House and the services the organisation provides, visit gidgetfoundation.org.au.

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Media Call:

Date: Wednesday, 26 August 2026
Time: 9:00 am – 10:30 am
Address: Gidget House Joondalup at Joondalup Health Campus
Community Clinical School Lecture Rooms 1 & 2
Joondalup Health Campus
Cnr Grand Blvd & Shenton Ave, Joondalup WA 6027
Contact: MediaCast | Vinh Tran | 0402 361 266

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 families from pre-conception through to early infancy, to ensure they receive accessible, timely and specialised care.

As the leading national provider of perinatal mental health services, Gidget Foundation Australia provides free* individual and group perinatal mental health psychological services delivered in-person and via telehealth. Gidget Foundation Australia also invests in its 200+ clinicians through innovative training, mentoring and supervision to meet growing service demand.

To access perinatal mental health support – those affected need to speak to a GP about a referral and a Mental Health Treatment Plan or contact Gidget Foundation Australia's Client Experience Team on 1300 GIDGET to discuss support options specific to their needs.

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.

About Gidget

Gidget was the nickname of a vibrant young mother who tragically died by suicide 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.