



# Your *Legacy* of Hope

Transforming the mental health  
of Australian families within a  
generation



GidgetFoundationAustralia®

# A Message from Arabella Gibson, CEO



## Dear Gidget Supporter,

At Gidget Foundation Australia, we believe that every parent deserves to experience the joy of welcoming a new life into the world, without the shadow of perinatal depression and anxiety.

More than two decades ago, our work began in memory of *Gidget*, a vibrant young mother whose life and legacy inspired a movement of compassion and care. From those early beginnings, we've grown into a national organisation providing vital perinatal mental health support to thousands of expectant, new and potential parents each year.

By considering leaving a gift in your Will to Gidget Foundation Australia, you become part of this continuing story — helping to ensure that our work endures for generations to come. Your legacy will give future parents the strength, understanding, and specialist care they need during one of life's most precious times.

Thank you for considering this deeply meaningful way to create lasting change. Your generosity today will help build a brighter tomorrow for countless Australian families.

With heartfelt gratitude,

**Arabella Gibson, CEO**



# Our Vision for the Future

Our vision for the future is where all expectant, new and potential parents achieve their best possible mental health. We believe no parent should face these challenges alone. We focus on five pillars to achieve this vision.



## Supporting Parents

Gidget Foundation Australia provides essential services to parents experiencing perinatal depression and anxiety, including free individual and group psychological therapy services delivered face-to-face and via telehealth.



## Reducing Barriers to Access Care

We are working with those with lived experience and diverse communities to remove barriers that could prevent parents from accessing care.



## Reducing Stigma Through Education

We are committed to breaking down the stigma surrounding perinatal mental health by raising awareness and providing education to healthcare professionals, families, and the wider community.



## Advocacy

We advocate for policy change, influence decision makers to shift the future of the perinatal mental health landscape.



## Building Capacity Through Professional Development

We are building the perinatal workforce through our training and education programs to ensure there are enough perinatal mental health clinicians available to meet the demand.



## Building a Brighter Future

With your support, we envisage a future where every new parent has access to the support they need, where perinatal mental health is prioritised in healthcare systems, and where families can thrive during the early parenting journey. We're working towards a world where perinatal depression and anxiety no longer casts a shadow over what should be one of life's most joyful experiences. Your bequest will help ensure this vital work continues for generations to come.

# FY 2025 social impact

Data as at 30th June 2025

- Gidget Foundation Australia exists to support the mental health of expectant, new and potential parents to ensure they receive accessible, timely and specialist care
- Up to 10 individual psychological sessions per year with perinatal mental health clinicians
- Bulk billed services with no out of pocket expenses
- Available via telehealth, in-person or a combination of both
- Gidget Village group treatment programs available for new fathers, expectant and new mothers

## GOALS

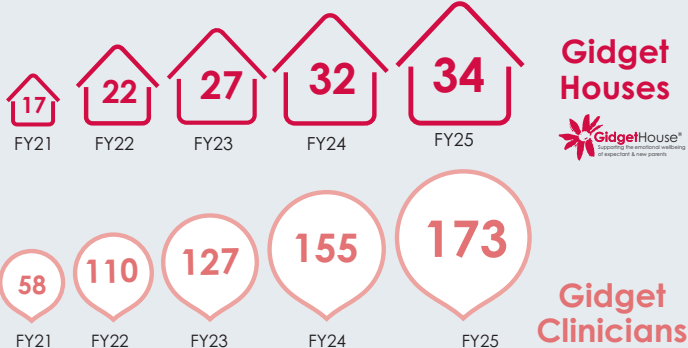


**50** Gidget House locations nationally and  
**145,000** clinical appointments delivered by end of 2027

**\$3,100** for a family's complete care

For every **\$1** invested, there is a **return on investment to the Australian economy of \$3.70\***

\*Return on Investment Gidget House and Start Talking Services, Ernst & Young, October 2024



- **97** Clinicians and supervisors completed the Workforce Development Program to date
- **37** Clinicians currently enrolled to complete the program in 2026
- **10** Clinicians completed the Supervisor Development Program
- Commenced partnership with Federation University to co-deliver Australia's first ever Graduate Diploma in Perinatal Mental Health

## GOAL



**200** Clinicians trained by 2027

**"I honestly cannot fault the experience I've had with GFA and my Clinician. I think it may have saved my life."**

**"I truly believe I am receiving the best counselling that I need at this moment."**

**103,450**  
appointments delivered since inception

**12,000**  
families supported since inception

## COST OF PNDA IN AUSTRALIA IN YEAR 1

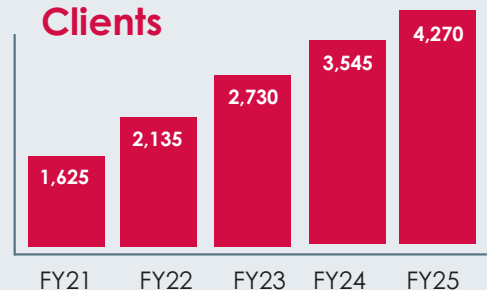
ALONE IS: **\$877m\*** COMPRISING:

\$227m Health costs  
\$643m Economic costs  
\$7m Wellbeing costs

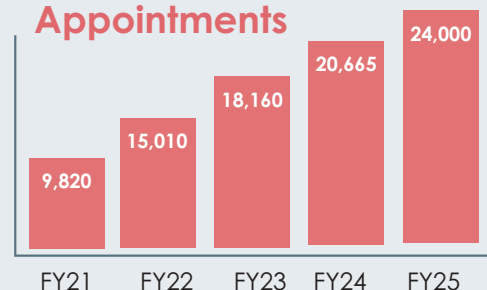
Estimated lifetime impacts are **\$5.2b** due to increased risk of depression, anxiety and ADHD in children of parents with PNDA

\*The Cost of Perinatal Depression and Anxiety in Australia, PricewaterhouseCoopers Consulting (Australia) Pty Ltd, November 2019

## Clients



## Appointments



- Average reduction in client EPDS scores between referral and discharge of 5.5
- Average reduction in client DASS-21 scores between referral and discharge of 2.9 (Depression); 1.8 (Anxiety); and 3.1 (Stress)





# A Generation of Hope Begins with *You*

After five heartbreaking years of infertility, six miscarriages, an ectopic pregnancy, countless treatments and tests, and deep emotional exhaustion, we had finally surrendered to the idea that we would never become parents.

We rebuilt our lives, travelled, focused on our careers, and accepted our future as a family of two. Then—against all odds—I found myself pregnant. After months of fear and uncertainty, our miracle daughter, Skye, arrived healthy and thriving.

But while she flourished, I fell apart quietly. Anxiety, insomnia, digestive issues, and overwhelming self-doubt consumed my first year of motherhood. One day, as I looked at my baby and felt nothing but despair, I knew I needed help.

That call to my GP changed everything. She connected me with **Gidget Foundation Australia**, and for the first time I felt understood and supported. My Gidget clinician helped me rebuild my confidence, manage my anxiety, and find joy in motherhood again. I truly believe the care I received changed the trajectory of my life—and Skye's.

Today, I'm deeply grateful for our little family and the support that carried us through the hardest season of our lives.

**By leaving a gift in your Will, you can ensure future generations of parents—just like me—receive the same compassionate, life-changing support when they need it most. Your legacy becomes their lifeline.**

*Marcelle*



# Leaving a *Gift* in your Will

When considering how to structure your Will, your priority is to look after your loved ones. Your Will ensures your last wishes will be carried out the way you intended.

It also offers you the chance to create a legacy, supporting the life-changing work of charities that are important to you. Making this commitment will ensure that your beliefs and values live on. It is important to talk to the people close to you about your wishes and the reasons why you might choose to leave a gift to the Gidget Foundation Australia in your Will.

If you do make the decision to leave a gift, thank you so much. It means you'll always be part of something exceptional that will support future new parents for years to come.

It's something you and your family can be proud of together. Whether you're writing a new Will or amending an existing one, it's simple to include a gift to a charity like Gidget Foundation Australia. All gifts, no matter their size, make a big difference.



# Types of *Gifts*

There are three main options to choose from when remembering Gidget Foundation Australia in your Will. Depending on the scale of impact you want to make, you can choose the one that suits you.



## Residuary Gift

**A gift of whatever is left of your estate (or fraction thereof) after payment of debts and expenses and specific or pecuniary gifts.**

A residuary gift will give Gidget Foundation Australia the flexibility to use your gift most effectively in the future. This kind of gift isn't devalued by inflation. Just a small percentage of what is left over after your loved ones have been provided for could go a long way.



## Pecuniary Gift

**A gift of a set dollar amount determined by you at the time of making or changing your Will.**

Your gift no matter the size will contribute to the ongoing work of Gidget Foundation Australia.



## Specific Gift

**A gift of a specific item, such as property or shares.**

Gidget Foundation Australia is a deductible gift recipient for tax purposes. To help you decide what gift to leave, ask your solicitor about the benefits of each type.



If you would like to talk to us about the ways you can make a difference to perinatal depression and anxiety for future generations, please contact us on **1300 851 758**, or **[giftsinwills@gidgetfoundation.org.au](mailto:giftsinwills@gidgetfoundation.org.au)**.

*We are more than happy to help.*



# Tips on preparing your Will

1.

## List your assets and debts

Take time to list all of your assets and debts so you know precisely what you have to give to others and what needs to be paid out of your estate. Please take care to list all of your debts – large debts, such as your mortgage, or small debts, like your phone bill.

2.

## Choose your executor(s)

Think carefully about who you would like to handle your estate after you pass away. Speak to your chosen executor(s) to confirm their willingness to take on this responsibility. You can also engage a lawyer or trustee company to act as your executor.

3.

## Choose a guardian(s)

If you have children under 18 years of age, appointing a guardian, or guardians, is highly recommended. Consider carefully whether the person(s) you'd like to nominate will want the responsibility to care for your children – and that they have the capability and financial means to do so. Remember to consider your children's wishes.

4.

## Name your beneficiaries and gifts

Decide who you would like to benefit from your residuary estate and detail any specific gifts. The types of gifts you can choose from are outlined previously.

5.

## Write your Will

The most common practice is to make an appointment with a lawyer or other legal professional who specialises in writing Wills and estate planning. They will ensure you have covered everything. There are special requirements for signing a Will for it to be valid and legally binding. It's important that you consult with your professional legal advisers to ensure that your Will is properly signed, dated and duly witnessed by two adults who aren't included in your Will.

Your Will is an important document, so we recommend you retain a copy of your Will for future reference and keep the original in a safe and secure place so that it cannot be damaged or lost.

Alternatively, we have partnered with Safewill, Australia's leading online platform for Wills and estate planning. Safewill's easy and stress-free guided process means you can prepare your Will online with the comfort that it is being reviewed by Safewill's legal team, at an affordable price. You can find out more about this at [safewill.com/gidget](https://safewill.com/gidget).





# Suggested wording



Using the right wording in your Will is crucial because it ensures we receive your gift in line with your intentions and wishes. For this reason, we suggest the wording below.

“

**I give, devise and bequeath to Gidget Foundation Australia ABN: 52 160 202 960 for its general purposes and free from all duties and taxes:**

- the whole of my estate, or
- (insert number)% of my estate, or
- (insert number)% of the residue of my estate, or
- the amount of \$(insert the value of cash gift), or
- my (insert name of the asset or item),

**and a receipt signed by an authorised person of Gidget Foundation Australia shall be a full and sufficient discharge for the Executor(s).**



For specific advice about your Will or estate planning needs, you should consult a professional legal advisor.



## **Information for Solicitors, Trustee Companies and Executors**

Gidget Foundation Australia is a not-for-profit organisation who exists to support the mental health of expectant, new and potential parents to ensure those in need receive accessible, timely & specialist care. The Foundation's purpose is to raise awareness, drive advocacy, educate and deliver services to prevent and treat perinatal mental health challenges through early detection and intervention.



## **Gift recipient status**

Gidget Foundation Australia ABN: 52 160 202 960 is endorsed as a Deductible Gift Recipient (DGR). It is covered by Item 1, Income Tax Assessment Act 1997 (ss 30-15) and is fully tax exempt.



## **Registered Address**

34a McLaren St  
North Sydney  
NSW, 2060, Australia  
Ph: 1300 851 758  
[gidgetfoundation.org.au](http://gidgetfoundation.org.au)  
[giftsinwills@gidgetfoundation.org.au](mailto:giftsinwills@gidgetfoundation.org.au)

# Frequently asked questions

Q

## Why is having a Will so important?

If you die without a Will ('dying intestate'), state laws will determine how your assets are distributed. This could result in your loved ones and the causes you care about being left out entirely. An up-to-date Will is the only way to make sure that your wishes are carried out after you pass away. In Australia, you can make a legally binding Will any time after you turn 18.

Q

## What is the best way to leave a gift to Gidget Foundation Australia?

Residual gifts allow you to leave a percentage of what's left of your estate after you've taken care of your family and friends – so you can support both the people and causes you care about. Residual gifts are a simple and practical way of leaving a gift in your Will.

You may not know the value of your final estate, but leaving the whole or a percentage of the residue of your estate gives you peace of mind by automatically adjusting to changes in your estate's value over time. A residual gift will also keep pace with inflation so that your gift to the charity or charities you care about is maximised.

Q

## I already have a Will. Do I need to make a new Will?

Your Will records your wishes at a particular point in time. It is important to regularly review your Will as your circumstances change to ensure that it accurately reflects your current wishes. If there has been a significant change in your circumstances, it may be necessary to make a new Will. You should speak to your lawyer about whether a new Will or a Codicil – a short legal amendment to your Will – is appropriate for the updates you wish to make.

Q

## Can I specify where my gift goes?

Yes, you can specify how you want your gift to be used. However, it's worth remembering that most gifts in Wills aren't realised for many years. If you include a gift for our general purposes, it means we can fund the most significant project at the time.

If you have a specific purpose in mind, we recommend discussing this with us before finalising your Will, to ensure that your wishes can be carried out.



Q

## What if I need to look after my loved ones?

We know that taking care of your family and loved ones will always come first. We are very grateful for any gift you may choose to leave Gidget Foundation Australia after you have looked after them. It's important that you make your family and loved ones aware of your wishes and any gift you've made us in your Will.

Communication with your family will ensure your final wishes are carried out and your gift is received and used as you intended.

Q

## Can I leave my house, other property or shares?

Whilst monetary gifts are preferred, Gidget Foundation Australia is able to accept non-monetary gifts, such as property or shares. However, we would need to convert any property or shares into cash to be able to fund our work.

It's important to discuss any non-monetary gifts with us before finalising your Will, to ensure that we are able to accept them and that your wishes can be carried out.

Q

## Do I need to tell you about leaving a gift to Gidget Foundation Australia in my Will?

You don't have to, but we would love to know. This allows us to keep in touch with you, express our appreciation for your generous gift, and keep you updated on our progress. Your information will be kept confidential, and we will always respect your privacy.

Building a relationship with our supporters is important to us, and we value your contribution to our cause.



You can contact our Legacy Specialist to discuss your gift:

✉ [giftsinwills@gidgetfoundation.org.au](mailto:giftsinwills@gidgetfoundation.org.au)  
or call **1300 851 758**

# Our *Promise* to you.

The decision to leave a gift in your Will to support future new parents is one that we want you to celebrate.

## That's why we promise to always:

- Keep your information confidential and in accordance with our privacy policy
- Honour your wishes
- Ensure your gift is used in the most effective way
- Understand that you might change your mind.
- We would like to acknowledge your generosity, but we will only give you the recognition that you are comfortable with
- Continue to communicate and update you with the latest information on our programs and achievements

# Leave a legacy

Help Australian families thrive

## Get in touch

If you would like to speak to someone at Gidget Foundation Australia about leaving a gift in your Will, please contact us on

**1300 851 758** or email us at **[giftsinwills@gidgetfoundation.org.au](mailto:giftsinwills@gidgetfoundation.org.au)**



**Gidget Foundation Australia**

ABN 52 160 202 960

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