

New national platform launched to strengthen collaboration within Australia's perinatal mental health sector

- A new national platform has launched to strengthen collaboration, alignment and advocacy across Australia's perinatal mental health sector
- Perinatal Mental Health Australia will support and evolve the national Perinatal Mental Health Week campaign, while retaining its collaborative, partner-led approach
- PMHA will help foster year-round collaboration and advocacy, explore future initiatives, and offer free alliance membership throughout 2026

1 July 2026: A new national platform designed to strengthen collaboration, alignment, and advocacy within Australia's perinatal mental health sector has officially launched, bringing organisations together to drive greater collective impact and improve outcomes for parents, babies, and families.

Perinatal Mental Health Australia (PMHA), founded by not-for-profit perinatal mental health organisations Gidget Foundation Australia, Peach Tree, and Perinatal Wellbeing Centre, has been established to provide a unified national voice while supporting collaboration across the sector. Building on the important work already undertaken through Perinatal Mental Health Week (PMHW), PMHA will help foster stronger collaboration, shared initiatives, and coordinated leadership to help address the growing need for perinatal mental health support across Australia.

As part of its establishment, the platform will now lead and evolve Australia's PMHW national awareness campaign dedicated to increasing understanding of perinatal mental health and encouraging people to seek support.

PMHA brings together organisations across the perinatal mental health sector to strengthen collaboration, improve sector connection, and support greater awareness of the services available to families during pregnancy and the early years of parenthood.

Beyond supporting Perinatal Mental Health Week, PMHA will help create a more continuous and connected approach to advance perinatal mental health throughout the year. The organisation will support ongoing collaboration and knowledge sharing, help foster national advocacy and policy engagement, and explore future initiatives that strengthen outcomes.

Chairperson, Perinatal Mental Health Australia and CEO of Gidget Foundation Australia, Arabella Gibson, says PMHA represents a vital milestone in the continued evolution of the sector.

"Every parent's experience is unique, but no one should feel they have to navigate the challenges of perinatal mental health alone. PMHA builds on the incredible work already being done across the sector, creating an opportunity to work together, strengthen connections and ensure more parents and families can access the support they need, when they need it."

Non-Executive Director, Perinatal Mental Health Australia and CEO & Founder of Peach Tree, Viv Kissane, says the establishment of PMHA reflects the sector's shared commitment to collaboration.

"PMHA provides an opportunity to strengthen connections, share knowledge, and create a more coordinated national approach that benefits families, service providers and communities alike."

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Non-Executive Director, Perinatal Mental Health Australia and CEO, Perinatal Wellbeing Centre, Dr. Yvonne Luxford, says PMHA will help build stronger foundations for the future.

“By bringing organisations together under a shared national platform, we can better identify opportunities, advocate for meaningful change, and continue building a sector that delivers the best possible outcomes for parents and families across Australia.”

Ahead of Perinatal Mental Health Week 2026, which will take place from 22-28 November 2026, organisations from across the perinatal mental health sector are invited to become alliance members of PMHA, with free membership available throughout 2026 to encourage broad participation. Further information on membership and opportunities to get involved will be shared in the coming months.

For further information, please contact enquiries@pmha.org.au.