

# Start talking.



## PSYCHOLOGICAL TELEHEALTH SUPPORT

### During pregnancy and early parenthood

Gidget Foundation Australia's *Start Talking Program* provides **FREE** telehealth psychological counselling services for expectant and new parents nationwide.

Our perinatal mental health specialists provide psychological support services for people who are experiencing, or at risk of developing depressive, anxiety and trauma or stressor-related disorders, and who are pregnant or have a baby up to 12 months of age. Support is also provided to people who have experienced a pregnancy or childbirth-related loss within the last 12 months, such as stillbirth, miscarriage or termination. Partners are able to access these specialised services as well.

Our specialists provide up to *10 sessions free of charge\** via video call service for clients located more than 20kms from a Gidget House\*\*.

- Start Talking professional support is provided by: Psychologists, Psychiatrists and Social Workers.
- We are connected with other local health services enabling further referral, if required.
- A referral from a GP, including a mental health care plan, is required for clients to access the free service. This referral enables the health care professionals to ensure a holistic treatment plan for the client.
- Clients may also access the service without a mental health care plan on a full fee paying basis.

\* Whilst there is no cost to the client, the cost of the 10 sessions is fully funded by Gidget Foundation Australia in collaboration with Medicare Australia's Better Access to Psychiatrists, Psychologists and General Practitioners initiative.

\*\* Additional geographic criteria may sometimes apply

### TO MAKE AN APPOINTMENT:

For further information or to make an appointment please contact: Tel **1300 851 758**

Please provide referral and mental health care plan prior to first appointment by email: [referrals@gidgetfoundation.org.au](mailto:referrals@gidgetfoundation.org.au) or Fax **02 9460 1551**

**Gidget Foundation Australia exists to promote the importance of emotional wellbeing among expectant and new parents, their health providers and the wider community to ensure that those in need receive timely, appropriate and supportive care.**