



Gidget
Foundation
Australia's
Antenatal Video

Gidget Foundation Australia's *Antenatal Video* is a free resource available to all expectant and new parents nationally.

Allison Langdon
Gidget Foundation Ambassador & Journalist



The video offers evidence-based, trusted information from mental health clinicians, an obstetric specialist and parents with lived experience of perinatal depression and anxiety (PNDA).

VIDEO
resource

"The video is informative and a good conversation starter for further information on PNDA."

– Aedin, midwife

"This video will positively impact many expectant and new parents."

– Michelle, midwife

"What a great video. As a GP, I think managing PNDA would be so much easier if there was greater awareness about it, and less stigma in the community. Parents are often ashamed to come forward for emotional support; they can feel like failures. I think awareness campaigns like this go a long way to reminding parents that PNDA is a common and treatable illness, and that help is available. I am particularly pleased to see that this video involves fathers who are often underrecognized when it comes to PNDA."

Dr Danielle McMullen, President AMA (NSW)

Proudly funded by



ENDORSED BY



@GidgetFoundation



@gidgetfoundation



@GidgetFndation



@Gidget Foundation Australia