

Gidget House



PSYCHOLOGICAL and EMOTIONAL SUPPORT

During pregnancy and early parenthood

Gidget House Provides FREE psychological services for expectant and new parents.

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 a minimum of 10 sessions free of charge in person, or via video call service.

- Gidget House professional support is provided by: Psychologists, Psychiatrists and Social Workers.
- We are connected with other health services in the area 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 client to have a minimum of 10 psychological counselling sessions with a perinatal mental health specialist, bulk billed through Medicare's Better Access Initiative.
- Clients may also access the service without a mental health care plan on a full fee paying basis.

TO MAKE AN APPOINTMENT:

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

Please submit referral and mental health care plan [HERE](#) or online at gidgetfoundation.org.au/gidget-foundation-australia-gp-referral-form

Gidget Foundation Australia exists to support the emotional wellbeing of expectant and new parents to ensure they receive timely, appropriate and specialist care.

NSW LOCATIONS

- Gidget House North Sydney** *Head Office*
34a McLaren Street
North Sydney NSW 2060

- Gidget House Coffs Harbour**
Tresillian Family Care Centre
27 Park Avenue
Coffs Harbour NSW 2450
- Gidget House Dubbo**
Tresillian Family Care Centre
214 Darling Street
Dubbo NSW 2830
- Gidget House Kareena Private**
Kareena Private Hospital
Level 3, 86 Kareena Rd,
Caringbah NSW 2229
- Gidget House Lismore**
Tresillian Family Care Centre,
46 Uralba St, Lismore NSW 2480
- Gidget House Manly**
19–21 South Steyne
Manly NSW 2095
- Gidget House Merrylands**
Stockland – Community Room
1 McFarlane Street
Merrylands NSW 2160
- Gidget House Moruya**
Tresillian Family Care Centre
5 River St, Moruya NSW 2537
- Gidget House North Shore Private**
North Shore Private Hospital
Maternity, Level 2,
1 Westbourne Street
St Leonards NSW 2065
- Gidget House Queanbeyan**
Tresillian Family Care Centre
12 Southbar Road
Karabar NSW 2620
- Gidget House Randwick**
'Karitane'
146 Avoca Street
Randwick NSW 2031
- Gidget House Shellharbour**
Stockland
Community Room (Level 1)
211 Lake Entrance Road
Shellharbour NSW 2529
- Gidget House Taree**
Tresillian in Manning Family Care Centre
78 Albert Street
Taree NSW 2430
- Gidget House the Mater**
Level 3, Mater Hospital
25 Rocklands Road
North Sydney NSW 2060
- Gidget House Wagga Wagga**
Tresillian Family Care Centre
54 Yentoo Drive
Wagga Wagga NSW 2650
- Gidget House Westmead Private**
Westmead Private Hospital
Maternity Unit, Level 1
Corner Mons & Darcy Roads
Westmead NSW 2145

- Start Talking Video Call Service**

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