

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.

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