

Emotional health is just as important as physical health during pregnancy and early parenthood.



## Gidget Foundation Australia Gidget House at Kareena Private Hospital

A new perinatal mental health support service is now open in Caringbah, in partnership with Kareena Private Hospital

- For** Pregnant women and new parents at risk of experiencing emotional distress associated with perinatal anxiety and / or depression, or those who have suffered a pregnancy-related loss (conception to 12 months post-partum)
- Where** Kareena Private Hospital  
Level 3, 86 Kareena Rd, Caringbah NSW 2229
- Cost** Free, with a GP Referral and Mental Health Care Plan under the Medicare Better Access Initiative – minimum of 10 sessions
- Provided by** Experienced perinatal mental health professionals – psychologists, social workers
- Referrals** Submit GP Referral & Mental Health Care Plan online [HERE](https://gidgetfoundation.org.au/gidget-foundation-australia-gp-referral-form/) or go to:  
<https://gidgetfoundation.org.au/gidget-foundation-australia-gp-referral-form/>



*A typical consulting room*

For appointments or more information contact  
**1300 851 758** or at [gidgetfoundation.org.au](https://gidgetfoundation.org.au)