

Gidget House

in Kareena Private Hospital



Who does Gidget House support?

Gidget House is available to any expectant and new parents for FREE ,who have a diagnosis of, or are at risk of developing, a perinatal mood or anxiety disorder and who:

- are pregnant; or
- have a baby up to 12 months old.
- Partners are able to access our specialised services as well.

Support is also provided to people who have experienced a pregnancy or childbirth–related loss, such as stillbirth, miscarriage or termination, within the last 12 months.

Services provided by psychologists and social workers.

How much does Gidget House cost?

Our perinatal mental health specialists provide a minimum of 10 individual psychological consultations FREE of charge within a calendar year. (The cost of these sessions is fully funded by Gidget Foundation Australia in collaboration with Medicare Australia’s Better Access to Psychiatrists, Psychologists and General Practitioner’s initiative).

How do you access Gidget House?

To access Gidget House, you will need a referral from a GP, including a mental health care plan. You can also access the service without a mental health care plan on a full fee paying basis, if you prefer.

To book an appointment, call Gidget Foundation Australia on 1300 851 758 or email contact@gidgethouse.org.au

What are Gidget Virtual Villages?

Private, Gidget moderated, Peer support Facebook groups. An online safe place to share lived experience, connection, kindness and compassion.

The Gidget Virtual Village for Dads is a private, moderated peer support group for expectant and new dads (with children up to school age) based in Australia.



Dads in the group have said:

"It's a great having a safe forum that I can ask what may seem like trivial blokey questions with zero judgement"

Mums have said:

"It's a relief to get others views and know I am not alone."

"I can freely express myself and know at least one other mum is feeling the same"

Find us and connect @facebook.com/groups/gidgetvirtualvillage

Emotional Wellbeing – Gidget Foundation

The journey to parenthood is a time of great change and adjustment for everyone. Caring for our emotional health is as important as looking after our physical health.

The arrival of the new baby brings joy along with challenges. Pregnancy and early parenting are unique experiences, often filled with mixed emotions.

It takes time to settle into your new role as parents. Sometimes it can feel very overwhelming and that is normal, but at other time those feelings can become more intense and unsettling. Gidget Foundation Australia aims to promote a community where parents are supported, nurtured and valued.

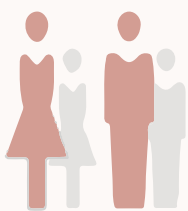
Perinatal Depression and Anxiety



1 in 5 mothers and

1 in 10 fathers

Will experience perinatal depression and anxiety



50% of new parents

will experience adjustment disorders



100,000 Australians

More affected by PNOA each year, with maternal suicide being a leading cause of death amongst expectant and new mothers

Whatever the cause, depression and anxiety are treatable, so if you suspect you, or someone close to you, may be experiencing symptoms, it's important to seek help as soon as possible, as other medical conditions can develop that need more specialised care and attention.

Also onsite

- 30 years of maternity services
- Custom built Fertility lab onsite

People caring for people.

kareenaprivate.com.au



**Kareena
Private Hospital**
Part of Ramsay Health Care