

# Community Spotlight

## The Gidget Foundation

We chat with Catherine Knox, CEO

### Tell us more about The Gidget Foundation:

Parenthood can be a special time but it also has its challenges. The Gidget Foundation provides support programs for families suffering emotional distress in pregnancy and early parenting. Crippling mood disorders affect over 50,000 women who give birth in Australia each year. This impacts families, communities and workplaces. These conditions can be treated and parents do recover. We are a not for profit organization, chaired by north shore Obstetrician Dr Vijay Roach.

### What does Gidget House offer?

The facility provides compassionate holistic care for patients and their families. Our goal was to create

a safe haven for parents, a single location where mothers and fathers are respected recognizing the unique needs of each family.

### Why was The Gidget Foundation formed?

Gidget was a north shore mother who took her own life while suffering postnatal depression. Unfortunately each year in Australia mothers lose their lives to this illness. The tragic loss of Gidget inspired our passion to care for distressed families and offer them hope.

### How can the community help?

We do not charge for our programs and our organisation relies entirely on the support of our generous community. For details on how you can help support us, please contact us at [contact@gidgethouse.com.au](mailto:contact@gidgethouse.com.au) or on 9460 1550. [www.gidgetfoundation.com.au](http://www.gidgetfoundation.com.au)

