

Saturday 7th October 2017

## **Gidget Foundation Australia Perinatal Mental Health Workshop for General Practitioners, Allied Health Professionals and Consumers**

9:30am–2pm (including lunch) • Tickets \$40  
Agnus Walsh House, KEMH, Bagot Road, Subiaco

**Gidget Foundation Australia**, in collaboration with **Centre of Perinatal Excellence (COPE)**, **Rural Clinical School of Western Australia**, **Sexual Health Quarters**, **Baby Steps Health Centre**, **The Raphael Centre** and **The Elizabeth Clinic**, is pleased to invite GPs, health practitioners and consumers to a Perinatal Mental Health Workshop, to be held on **Saturday 7th October** at Agnus Walsh House, King Edward Memorial Hospital, Subiaco.

This **half day event** will feature keynote speaker **Dr Nicole Highet**, speaking on iCope and digital screening for postnatal depression, as well as **six interactive workshops facilitated by local psychiatrists, clinical psychologists and GP obstetricians** with a passion for perinatal mental health. Workshop topics include psychotropic medications in pregnancy, the neuroscience of anxiety, lifestyle and psychological management of perinatal mental health, perinatal mental health care pathways, compassion in healthcare, and supporting family and friends with postnatal depression and anxiety.

Also featured will be a series of **video montages, stories of lived experience** from brave men and women. A delicious networking lunch will conclude the event.

Nearly **1 in 5 mothers** and **1 in 10 fathers** will experience perinatal anxiety and depression (known previously as Postnatal Depression) that is often hidden and not fully understood. That's around **100,000 Australians** each year. Tragically, suicide is a leading cause of maternal death.

The good news is that emotional wellbeing for pregnant women and new parents can be restored with timely and supportive care. Join us to improve your knowledge of the importance of mental health for the men, women and children we love and care for.

Tickets are on sale now!

Warmest regards,  
Gidget WA Committee

**An important update for all doctors,  
nurses and allied health practitioners**

To book tickets to the Gidget Foundation Perinatal Mental Health Workshop  
Saturday 7th October go to: [www.trybooking.com/RSHZ](http://www.trybooking.com/RSHZ)

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*The Gidget Foundation promotes emotional wellbeing during pregnancy and early parenting by ensuring that the culture and systems are in place to support the emotional health of new families.*