

# Start talking.

Tel **1300 851 758** [starttalking@gidgetfoundation.org.au](mailto:starttalking@gidgetfoundation.org.au) | [www.gidgetfoundation.org.au](http://www.gidgetfoundation.org.au)

## PSYCHOLOGICAL TELEHEALTH SUPPORT

### During pregnancy and early parenthood

Gidget Foundation Australia's **Start Talking Program** provides **FREE telehealth** psychological counselling services for expectant and new parents nationwide.

Our perinatal mental health specialists provide psychological support services for people who have a diagnosis of, or who are at risk of developing, perinatal anxiety and/or depression and who are pregnant or have a baby up to 12 months of age. Support is also provided to people who have experienced a stillbirth, miscarriage or termination within the last 12 months. Partners are able to access these specialised services as well.

Our specialists provide up to **10 sessions free of charge\*** via **video call service**.

- Start Talking professional support is provided by: Psychologists, Psychiatrists and, where available, Social Workers and Child and Family Health Nurses.
- We are connected with other local health services enabling further referral, if required.
- Up to 10 free video psychological counselling services are provided.
- A referral from a GP, including a mental health plan, is required for clients to access the free service. This referral enables the health care professionals to ensure a holistic treatment plan for the client.
- Clients can also access the service without a GP referral on a full fee paying basis.

\* Whilst there is no cost to the client, the cost of the 10 sessions is fully funded by Gidget Foundation Australia in collaboration with Medicare Australia's Better Access to Psychiatrists, Psychologists and General Practitioners initiative.



To make an appointment:

For further information or to make an appointment please contact:

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*Gidget Foundation Australia exists to promote the importance of emotional wellbeing among expectant and new parents, their health providers and the wider community to ensure that those in need receive timely, appropriate and supportive care.*