

Gidget House North Sydney
34 McLaren Street
North Sydney NSW 2060

Gidget House Merrylands
Stockland – Community Room
1 McFarlane Street
Merrylands NSW 2160

Gidget House Randwick
'Karitane' 146 Avoca Street,
Randwick, NSW 2031

Start Talking Video Call Service

Gidget House the Mater
Level 3, Mater Hospital
25 Rocklands Road
North Sydney NSW 2060

Gidget House North Shore Private
North Shore Private Hospital
Maternity Ward
Level 2, 1 Westbourne Street
St Leonards NSW 2065



Tel **1300 851 758** | Fax 02 9460 1551 | e: contact@gidgethouse.org.au | www.gidgetfoundation.org.au

Gidget House

PSYCHOLOGICAL and EMOTIONAL SUPPORT
During pregnancy and early parenthood



Gidget House Provides FREE psychological services for expectant and new parents.

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 in person, or **via video call service** for clients located more than 20kms from a Gidget House.

- Gidget House professional support is provided by: Psychologists, Psychiatrists, Social Workers and, where available, Child and Family Health Nurses.
- We are connected with other health services in the area enabling further referral, if required.
- A referral from a GP, including a mental health plan, is required for clients to access the free service. This referral enables the client to have 10 psychological counselling sessions with a perinatal mental health specialist, bulk billed through Medicare's Better Access Initiative.
- Clients may also access the service without a GP referral on a full fee paying basis.

To make an appointment:



For further information or to make an appointment please contact:
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email contact@gidgethouse.org.au | www.gidgetfoundation.org.au

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.

Gidget Foundation Australia PO Box 4076, Royal North Shore Hospital NSW 2065 Australia
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