



INTRODUCING THE GIDGET PROGRAM

In a Queensland first, the Gidget Foundation Australia is launching its programs that support the emotional wellbeing of expectant and new parents at St Vincent's Private Hospital Toowoomba.

The Gidget Emotional Wellbeing Program will now be offered at St Vincent's Dorothea Divine Maternity Unit as an integral part of antenatal care provided by the hospital's maternity unit.

The program, which has been specifically developed by the Gidget Foundation for use within the private hospital system, ensures women have the opportunity to address and discuss their feelings

during pregnancy in a supportive, confidential environment.

All pregnant women booked to deliver at St Vincent's Private Hospital Toowoomba will be offered a pre-admission appointment with one of the hospital's trained midwives to discuss their emotional health during their pregnancy.

The discussion will include questions that will help the hospital midwives professionally assess the expectant mum's emotional health.

For the expectant and new parents experiencing perinatal depression and anxiety, the St Vincent's Gidget House service will provide free psychological support services.

With a referral from their GP, patients can access 10 free face-to-face sessions with a psychologist through Medicare.

For those who are currently unable to attend face-to-face sessions, the *Gidget Start Talking Program: Video Counselling* service will provide free tele-health psychological counselling services.

This program will provide the same quality of care as offered through the Gidget House face-to-face psychological sessions.

If you would like more information about the Gidget Foundation, you're encouraged to visit the website www.gidgetfoundation.org.au



St Vincent's Private Hospital Toowoomba DOROTHEA DIVINE MATERNITY UNIT

From the moment you arrive in our care, to the moment your baby is delivered safely into your arms, we'll work with you to ensure you achieve the birthing experience of your choice.

Generations of care

www.svpht.org.au