



MEDIA RELEASE
Friday 14 June 2019

Gidget House opens at Tresillian in Southern, Queanbeyan providing free perinatal mental health support for new parents

Expectant and new parents who are experiencing perinatal depression and anxiety (PNDA) will be able to access GP-referred, free psychological counselling sessions at a new Gidget House, which will officially open at Tresillian in Southern Family Care Centre, in the heart of the Monaro region at Queanbeyan.

The new Gidget House which will offer free counselling services up to five days a week, and will employ local psychologists was today opened by Deputy Premier, Minister for Regional NSW, Industry & Trade, the Hon John Barilaro MP, and Minister for Mental Health, Women and Regional Youth, the Hon. Bronnie Taylor MP.

This is Gidget Foundation Australia's sixth Gidget House and its first in regional NSW, with other services located in North Sydney, Merrylands at Stockland, Karitane at Randwick, The Mater at Crows Nest, North Shore Private at St Leonards.

NSW Deputy Premier and Member for Monaro the Hon. John Barilaro MP said that Gidget House is a wonderful and valuable service for local families in Monaro and surrounds.

"As a father of three daughters, I know firsthand how important it is to have access to a place like Gidget House for new parents and young families," Mr Barilaro said.

"Everyone's parenting journey is different, but it is critical that young mums and dads have access to help when they need it.

"That is why the NSW Government has backed Gidget Foundation Australia with significant funding and I want to thank and congratulate the Foundation on the amazing work they do," he said.

Minister for Mental Health & Women, the Hon. Bronnie Taylor, said, "There can be no doubt that babies are a blessing, but when a baby arrives it can also be one of the most challenging times in a mother's life. Sometimes we can forget that it can be a stressful, lonely and overwhelming time caring for a newborn."

"I acknowledge the wonderful Gidget staff from the five centres, they are passionate about helping families in their hour of need and I'm proud to be part of a government that supports Gidget Foundation Australia and the sixth but very FIRST regional NSW centre," she said.

Pregnancy brings joys along with challenges. Gidget Foundation Australia and Tresillian recognise the importance of emotional wellbeing for new parents, and the need to provide them with support and services.

Gidget Foundation Australia CEO, Arabella Gibson, said, "Speaking about mental health issues remains really difficult among those living in regional and rural communities and hopefully Gidget House can help to break the stigma, particularly with psychologists who have local understanding. As a free service, it's also going to help families who would otherwise struggle to pay for specialist psychological counselling."



Robert Mills, CEO of Tresillian said of the initiative “This program perfectly complements the work of our specialist staff at the Tresillian in Southern Family Care Centre. The service which operates through a partnership with Southern NSW Local Health District assists parents with their baby or toddler when experiencing early parenting difficulties such as an unsettled baby, breastfeeding, toddler behaviour challenges and feeling overwhelmed and exhausted. The presence of a Gidget psychologist will deliver practical help and support to parents living in the Queanbeyan community and its surrounds and as a free service, will be available to all families, regardless of income”.

“With many families in the region affected by the drought, Tresillian is thrilled to be partnering with the Gidget Foundation on this initiative providing much needed psychology services in the context of care they receive at Tresillian in Southern Family Care Centreservices,” he went on to say.

Mr Mills added, “Tresillian has enjoyed a long standing partnership with the Gidget Foundation for close to 20 years”.

Arabella Gibson, CEO Gidget Foundation Australia said the partnership with Tresillian is a wonderful collaboration. “We are delighted to team up with Tresillian to provide comprehensive psychological counselling for new parents in our first regional centre. The services on offer at Gidget House Queanbeyan will mean that so many more mums and dads will have the support they need during this vulnerable and often isolating time in their parenting journey.”

Previously known as postnatal depression, perinatal anxiety and depression during pregnancy and early parenthood (the perinatal period) affects almost 100,000 Australians each year, equating to 1 in 5 new mums and 1 in 10 new dads. Gidget is the nickname of a vibrant young mother from Sydney who took her own life while suffering from unrecognised postnatal depression. She hid her suffering from even her loving family and friends. They created the Gidget Foundation determined that what happened to Gidget would not happen to others.

Today, Gidget Foundation Australia assists thousands of expectant parents and their families each year. This is through its free psychological services at Gidget House, as well as its newly developed Start Talking Telehealth Program, offering video psychology sessions nationally.

Gidget House at Tresillian in Southern

Officially Open from 14 June 2019

12 Southbar Road, Karabar

Bookings will be managed via Gidget Foundation Australia

Ph 1300 851 758 | www.gidgetfoundation.org.au

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For further information, interviews or images, please contact:

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