



NEWS RELEASE

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Gidget Foundation Australia and Jean Hailes for Women's Health urge women to put their health first

Good health and wellbeing should be a priority for all women but there is a heightened focus for new and expectant mums with particular emotional and physical needs. This year Jean Hailes for Women's Health is partnering with Gidget Foundation Australia for Women's Health Week, encouraging women to put their health first and take proactive steps to being healthy in mind and body.

Women's Health Week is the biggest week in Australia focusing on good health and wellbeing for women and girls. Held this year on 7-11 September, Jean Hailes will be inviting women to 'check in on their health' during the week and urging them to set aside time to invest in their health.

Gidget Foundation Australia helps thousands of expectant and new parents each year, providing perinatal specialist psychological services to parents in need through a variety of programs including the Gidget House face-to-face service (which is currently being delivered by telehealth). Offering free sessions for GP-referred expectant and new parents experiencing perinatal depression and anxiety (PNDA), as well as education, resources and other services, there are 13 Gidget Houses nationally. The most recent one opened at the Jean Hailes Clayton clinic in Victoria in May this year.

Good health is not just about physical health says Brenda Jones, campaign manager Women's Health Week. "By checking in on your health this Women's Health Week, we want women and girls to think about the whole package - physical and emotional. All of these can have an immediate impact on your health today as well as in the future," she says.

"By taking positive steps now, including keeping up with regular health checks, you can help prevent future health problems. Women's Health Week provides the necessary tips, resources and understandings to help women take those steps," says Ms Jones.

Arabella Gibson, CEO of Gidget Foundation Australia, says pregnancy and childbirth brings joy, but also many challenges to new mums, in particular, finding enough time in their day to look after themselves as well as their baby.

"It is so important for mums to practise self-care and set aside some time for their themselves to ensure they can better manage with the pressures, both emotional and physical, of pregnancy and parenting."

For media

For more information on Jean Hailes or Women's Health Week please contact Caroline Cottrill on 0438 257 246 or email caroline.cottrill@jeanhailes.org.au.