

fact sheet

HOW TO ACCESS COUNSELLING AT GIDGET FOUNDATION AUSTRALIA



How to access 18.4.21

This fact sheet outlines the process of making an appointment with one of our perinatal Clinicians. Gidget Foundation Australia is committed to providing specialist care for expectant and new parents Australia wide.

FIRST STEP

It can be a bit daunting to reach out and organise some counselling for either yourself or someone close to you. At Gidget Foundation Australia we take great care in delivering our service from start to finish.

Our website has some valuable information on perinatal related issues as well as the services we offer. This could be a good place to start. Otherwise, you can always call us on 1300 851 758 and speak with our friendly administrative team to get you started.

Counselling has come a long way from the original Freudian approach of lying on a couch and having a therapist sit beside you taking notes. Our experienced Clinicians will: help you feel comfortable, provide you with a tailored approach to your care and help you understand what's going on.

WHAT WE OFFER

At Gidget Foundation Australia we have experienced perinatal specialists who are ready to support you and offer at least 10 Medicare bulk billed psychological counselling sessions per calendar year. There is no cost to you for these sessions. These can be either face-to-face or via a video call, called telehealth. All you need for telehealth is a Tablet/PC and an internet connection. You will be advised which service you can access when you call. The counselling space is a safe, non-judgemental place.

WHO WE SEE

We see expectant and new parents Australia wide who are eligible for our services. You would need to be either: trying to have a family, have a pregnancy/baby related loss or have been through a traumatic birth, or have a baby up to the age of one when you book in. Other criteria will be discussed with you when you call to ensure we can provide the best care for you.

WHAT NEXT?

If you decide you would like to come and see one of our perinatal specialists, then please call us. Before an appointment can be booked, you will need to arrange an appointment with your GP to obtain two things; a Mental Health Care Plan, which entitles you to 10 Medicare bulk billed sessions, and a letter of referral to one of our Clinicians. Making a longer appointment with your GP is a good idea as it may take 30 minutes or so to complete this process.

At the Gidget Foundation we aim to provide compassionate, professional, timely, evidence-based support for you or someone you love, so please call us if you would like to get in touch or seek further support. PH: 1300 851 758. 🌸



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Gidget Foundation Australia exists to support the emotional wellbeing of expectant and new parents to ensure they receive timely, appropriate and specialist care.