

## **New Gidget House officially opening in Lismore to support parents struggling with perinatal depression and anxiety**

- **One quarter of parents in regional New South Wales say they need the most support between 3-12 months after giving birth**
- **NSW Minister for Mental Health, The Hon Rose Jackson MLC will officially open Gidget House Lismore at Tresillian Family Care Centre during Perinatal Mental Health Week**
- **This specialist mental health service for expectant and new parents will bring much needed support to the Lismore region, and is the 20<sup>th</sup> Gidget House in New South Wales**

**EMBARGO: 17 November 2023** – With one quarter (24%) of parents in regional New South Wales needing the most support between 3-12 months after birth, a new service officially opens for people experiencing perinatal depression and anxiety (PNDA) to support local parents. Parents across the Northern Rivers region can now access GP-referred, free specialist perinatal counselling sessions at the new Gidget House located at Tresillian Lismore Family Care Centre.

New data from Gidget Foundation Australia reveals one in two (49%) parents living in regional New South Wales are lacking both emotional and practical support from their family and friends, while one in three (34%) felt a loss of identity in most aspects of their life after having a baby.

To support parents struggling with early parenthood, this service offers face-to-face and telehealth counselling and is the twentieth Gidget House to open in the state, building upon Gidget Foundation Australia's commitment to expanding their services across the country.

**NSW Minister for Mental Health, The Hon Rose Jackson MLC** will officially open Gidget House at Tresillian Lismore Family Care Centre on Friday 17<sup>th</sup> August, welcoming the service for expectant and new parents to the area.

**The Hon Rose Jackson MLC** says "We know the families across the Northern Rivers have experienced unparalleled challenges over recent years with floods and threats of fires, whilst still navigating adjusting to early parenthood.

"This is why providing mental health support in regional communities such as Lismore and the surrounds is a top priority of ours. It's important for expectant and new parents to have access to quality services like Gidget Foundation Australia in times of need and know that help is never too far away."

This new service officially launches as two fifths (38%) of regional New South Wales parents admit to prioritising their needs last after having a baby and more than a quarter (28%) wish they had more support from their local community.

**Gidget Foundation Australia CEO, Arabella Gibson**, says that the expansion of face-to-face services across the state will provide much needed support for parents in regional locations.

"With half of parents in regional New South Wales reporting a lack of emotional and practical support after having a baby, it's necessary for us to expand our services to reach more mums and dads who may be struggling," Ms Gibson explains.

"As part of our valued commitment to support the emotional wellbeing of expectant and new parents across the country, we're hopeful our expansion to Lismore will provide a safe space for open conversations with perinatal specialist clinicians."

Gidget Foundation Australia and **Tresillian Lismore Family Care Centre** acknowledge the obstacles faced by expectant and new parents in rural communities and are dedicated in ensuring they have access to services and support that will assist them with perinatal mental health concerns.

**- Ends -**

**Media Call:** Friday 17<sup>th</sup> November 2023, 12.30pm – 1.45pm

Tresillian Lismore Family Care Centre

46 Uralba Street, Lismore NSW 2480

## **About Gidget Foundation Australia**

Gidget Foundation Australia is a not-for-profit organisation that exists to support the emotional wellbeing of expectant and new parents, to ensure they receive timely, appropriate and specialist care.

As the national leading provider of perinatal mental health services Gidget Foundation Australia offers year-long, free, specialist perinatal mental health psychological services, via face-to-face and telehealth; and invests in retention, engagement, and development of its 120+ clinicians through an innovative training, mentoring and supervision workforce development program.

## **About Tresillian**

Tresillian is a not-for-profit early parenting service offering families guidance in the early years of their child's life. We support new parents around breastfeeding and settling baby, as well as dealing with post-natal depression and nutrition. As Australia's largest Early Parenting not-for-profit organisation, Tresillian has enjoyed an outstanding reputation for providing quality evidence-based advice and support to parents for over 100 years. Tresillian offers an array of programs to help parents experiencing challenges in the early parenting period whether this be an unsettled crying baby, sleep difficulties, feeding problems, managing multiple babies or toddler behaviour, whilst importantly focusing on the emotional wellbeing of the family as a whole.

## **About Gidget**

*Gidget* was the nickname of a vibrant young mother who tragically took her own life while experiencing postnatal depression, a diagnosis she kept close to her heart.

Together her loving family and friends created Gidget Foundation Australia determined that what happened to *Gidget* would not happen to others.

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## **About the Data**

The survey by Gidget Foundation Australia was carried out on a sample of 508 Australian parents with children under 5 in April 2023. Methodology: The data sample was weighted against ABS data for age, gender and location using an online survey that is independently conducted and verified PureProfile.