

Gidget Virtual Village® for Expectant Mums





The Gidget Foundation
Australia Facebook Group
for expectant mums.

Find us and connect

[@facebook.com/groups/
gidgetvirtualvillagefor
expectantmums/](https://www.facebook.com/groups/gidgetvirtualvillageforexpectantmums/)



WHAT IS GIDGET VIRTUAL VILLAGE FOR EXPECTANT MUMS?

Gidget Virtual Village for expectant mums is a private, moderated peer support group for expectant parents based in Australia.

The Facebook group is coordinated and moderated by Gidget Foundation Australia, and is aimed at creating a safe space connecting expectant parents with the Foundation, and with each other.

Gidget Virtual Village for expectant mums provides an online village for expectant parents all over Australia, through the sharing of lived experience, connection, kindness and compassionate peer support.

HOW DO I PARTICIPATE IN GIDGET VIRTUAL VILLAGE FOR EXPECTANT MUMS?

Expectant mums based in Australia are invited to join the private Facebook group by answering some simple questions and agreeing to the group guidelines.

The group does not provide immediate or crisis support.



[@facebook.com/groups/gidgetvirtualvillageforexpectantmums](https://facebook.com/groups/gidgetvirtualvillageforexpectantmums)

For more information, call Gidget Foundation Australia on 1300 851 758 or email contact@gidgetfoundation.org.au



WHAT IS PERINATAL DEPRESSION AND ANXIETY?

Depression and anxiety during pregnancy and the first year of parenting (the perinatal period) affects around 20% of mothers and 10% of fathers; almost 100,000 parents in Australia each year.

Perinatal Depression and Anxiety (PNDA) is a diagnosable, temporary, treatable medical condition. It occurs when symptoms of depression and anxiety affect an expectant or new parent for two weeks or more and significantly impacts daily functioning. It includes a wide array of symptoms and occurs when bad days outnumber the good. Symptoms often start during pregnancy but can become more apparent after birth. The onset can be gradual or more sudden.

Symptoms respond well to culturally responsive and evidence informed approaches, so seeking professional support as early as possible is important as research also shows that if anxiety is treated during pregnancy, the risk of developing depression postnatally is lower.

PNDA is thought to result from a combination of biological, psychological, and social/cultural factors. Left untreated, the impact on those affected, which often includes other family members, can be significant.

PNDA is not the baby blues that occurs three to five days after giving birth in approximately 80% of new mothers. Feeling overwhelmed, teary, and anxious is common and can be influenced by the birth experience, fluctuating hormone levels or lack of sleep. Often all that is needed is reassurance, extra care, and support.

Everyone has certain characteristics that make them either more vulnerable (contributing) or more resilient (protective) in the face of challenges. However, perinatal related mental health conditions can happen to anyone. They are common.



SOME OF THE MUMS IN OUR GROUPS HAVE SAID:

“It’s a relief to get others views (without judgement) and know I’m not alone.”
– (Danielle)

“Part of the reason I love this group is that I can freely express how I feel and know that at least one other mamma is feeling the same way.”– (Emma)



Visit gidgetfoundation.org.au for more information about PNDA, contributing factors and feelings to be aware of.



Gidget Foundation Australia is a not for profit organisation that provides programs to support the emotional wellbeing of expectant and new parents.

Gidget was the nickname of a vibrant young mother who tragically took her own life while experiencing postnatal depression, a diagnosis that she kept to herself. Together, her loving family and friends created Gidget Foundation Australia, determined that what happened to *Gidget* would not happen to others. Today, the Foundation is supported by passionate individuals, community leaders, government and health professionals.

New babies bring joy along with challenges. Nearly **1 in 5 mothers** and **1 in 10 fathers** will experience perinatal depression and anxiety; that's around 100,000 Australians each year.

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