

Emotional health
is just as important
as physical health
during pregnancy and
early parenthood.



Gidget Foundation Australia Gidget House Manly now open!

A new mild-moderate perinatal support service is open in Manly

- For** Pregnant women and new parents at risk of experiencing emotional distress associated with perinatal depression and / or anxiety (conception to 12 months post-partum), or those who have suffered a pregnancy-related loss within the last 12 months
- Where** 19-21 South Steyne, Manly
- Cost** Free, with a GP referral and Mental Health Care Plan under the Medicare Better Access Initiative – up to 10 sessions
- Provided by** Experienced perinatal mental health professionals – psychologists, social workers
- Referrals** GP letter with Mental Health Care Plan faxed to central booking office fax (02) 9460 1551

For appointments: GP, patient or nurse please call 1300 851 758



A typical consulting room

For appointments or more information contact
1300 851 758 or at **gidgetfoundation.org.au**