



1 December 2020

Perinatal anxiety or depression? Help is at hand for all members

The arrival of a new baby brings much joy. But for many people, this joy can be tempered by feelings of anxiety or depression. Nearly one in five mothers and one in 10 fathers will experience perinatal depression and anxiety, while half of all parents will suffer adjustment disorders.

The term perinatal refers to the period from the time of conception of a child through to the first year after birth.

The PSA/CPSU NSW takes the health and wellbeing of its members seriously. It has partnered with the Gidget Foundation to provide support for new parents doing it tough.

Under this new arrangement, all financial PSA/CPSU NSW members will get priority to the Gidget Foundation's programs for perinatal anxiety and depression – at no cost.

Members will receive 10 free clinical psychological sessions per year. These can be done face-to-face or via telehealth through a GP mental health plan.

Gidget Houses are located in NSW; five in the Sydney area and five in regional NSW.

Members will also have access to the Foundation's Bunny Books, which can be read to children as well as offering support to new parents.

Assistance is also available to parents who have suffered a pregnancy- or childbirth-related loss such as still birth, miscarriage or termination.

Each member that contacts the Member Support Centre for advice or assistance with pregnancy- or parental leave-related enquires will have a Bunny Book posted to their home address.

If you or a family member needs help, please follow this link [HERE](#).

For a video presentation on your union's arrangement with the Gidget Foundation, click [HERE](#).

