

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://www.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) affect around 20% of mothers and 10% of fathers. Previously known as Postnatal Depression, we now refer to it as Perinatal Depression and Anxiety (PNDA) as we know that symptoms of depression and anxiety often occur together and start during pregnancy, rather than just postnatally. Research also shows that if anxiety is treated during pregnancy, the risk of developing depression postnatally is lower.

These are recognised, diagnosable and recoverable medical conditions; the result of biological, psychological and social factors. Left untreated, the impact on the mother, father, child and other family members can be significant.

Perinatal depression and anxiety should not be confused with the 'baby blues' that occur three to five days after giving birth. These feelings of teariness and anxiety affect around 80% of new mothers, are transient, and will dissipate without treatment, with extra support and reassurance given to the new mum.

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



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)





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. In her honour, her family and friends created Gidget Foundation Australia, which evokes *Gidget's* warmth and lively spirit. Today, the Foundation is supported by passionate individuals, community leaders, government and health professionals.

New babies bring delight 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.