

Gidget Foundation to host inaugural Perinatal Mental Health Conference to connect the perinatal wellbeing community

- **The inaugural Perinatal Mental Health Conference 2022 will be in Sydney on 16 May 2022**
- **An array of speakers in the perinatal wellbeing field are coming together to share the latest research, approaches and clinical interventions**
- **Gidget Foundation Australia is hosting this conference to share clinical excellence across the sector which will further support the wellbeing of expectant and new parents**

EMBARGO: 16th May. Gidget Foundation Australia announces the inaugural Perinatal Mental Health Conference 2022 to be held in Sydney on Monday 16 May 2022. Presenters and leaders within the perinatal field will join to discuss the latest approaches, thoughts, theories and research into perinatal mental health.

The conference's theme is *Towards Healing: Insights into the Complexities of Perinatal Mental Health* and centres around recovering from perinatal depression and anxiety (PNDA) and perinatal related trauma.

The conference includes hybrid in-person and virtual registration opportunities with speakers from all across Australia to share a wealth of valuable information that everyone in the perinatal community can apply across their workplaces.

Chris Barnes, Gidget Foundation Australia Senior Clinical Team Leader, said that with perinatal mental health being so complex, unexpected and often misunderstood, with demand for support higher than ever, the conference is very timely.

"We want to acknowledge that healing is a process and look at it through this lens. It takes time, , and evidence-informed interventions as well as warmth, compassion, and creativity to enable the healing process," Barnes said.

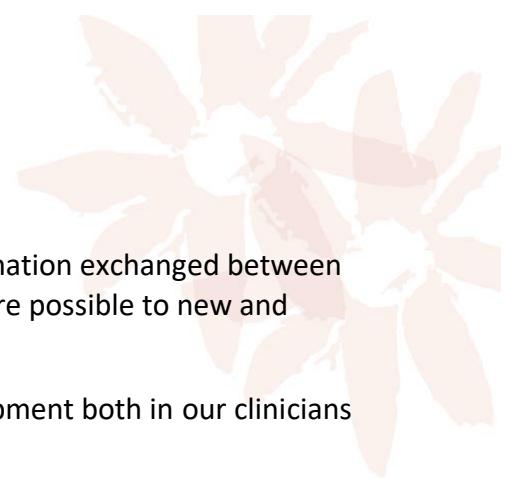
"This is a wonderful opportunity to connect the perinatal workforce across Australia, listen to ground-breaking new research as well as enhance our own skills to help those most vulnerable.

"Navigating the different specialities within perinatal healthcare will be very exciting for all of us attending the conference - I'm looking forward to expanding my knowledge and growing as a practitioner also," she said.

One in five mothers and one in ten fathers will experience diagnosed perinatal depression and anxiety, with 100,000 Australians diagnosed with PNDA each year.

The areas that will be highlighted at the conference include infant mental health and assisted reproduction, fatherhood, complementary medicines, couples work, grief and loss, as well as learning about issues faced by Indigenous women in the perinatal period.

Gidget Foundation Australia recognises the importance of improving support systems for those struggling with PNDA and building the perinatal wellbeing space to be the best it can be.



CEO of Gidget Foundation Australia, Arabella Gibson said that the information exchanged between perinatal professionals will be valuable to delivering the best specialist care possible to new and expectant parents.

“Gidget Foundation Australia recognises the value of professional development both in our clinicians and the wider perinatal community,” she said.

“We are excited to provide this opportunity for health professionals looking to broaden their skills and deepen their understanding of perinatal work.

“Our practitioners are dedicated to providing specialist care to new and expectant parents who seek help for PNDA. The conference is an opportunity to connect with like-minded professionals and enables us to grow our service and better cater to specific needs,” Ms. Gibson said.

For more information please visit: **gidgetconference.org.au**

About Gidget Foundation Australia

Gidget Foundation Australia (GFA) 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. GFA provides a range of clinical treatment programs. These include individual psychological consultations (with no out-of pocket expenses) via face to face or telehealth, group treatment and early intervention screening.

With more than 100 clinicians across Australia, GFA is the largest known contractor of perinatal specialist mental health clinicians delivering psychological services nationwide. The GFA workforce includes: clinical psychologists, registered psychologists, mental health accredited social workers and occupational therapists.