

## Help is at hand for all members

The PSA/CPSU NSW takes the health and wellbeing of its members seriously.

### Gidget Foundation

Your union recently partnered with the Gidget Foundation to provide support for new parents doing it tough.

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.

Under this 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.

If you would like to subscribe to Gidget Foundation newsletter, click [HERE](#).

The foundation is proud of its collaboration with the PSA/CPSU NSW, announcing this in its February Newsletter.

If you or a family member needs help, please follow this link [HERE](#). The link also leads to some handy Gidget fact sheets.

### Workers Health Centre

Get Healthy in Pregnancy is a FREE and confidential phone-based service through NSW Health. Pregnant workers receive personal health coaching, six months of support, lifestyle support before and after birth, and an option to re-enrol.

Services offered include:

- Your own personal health coach throughout your pregnancy
- 10 confidential coaching calls over six months
- Support to make healthy lifestyle choices during pregnancy and after your baby is born
- Support to help you return to your pre pregnancy weight
- Motivation and support to set your own healthy lifestyle goals





23 March 2021

## Help is at hand for all members

- Information and a journal to help you track your goal and actions
- Help to overcome any problem areas.

Benefits include better sleep; more energy; less lower-back pain; reduced stress and anxiety; reduced nausea and heartburn; and a shorter, easier and more active labour. The service works in conjunction with your GP and other obstetrics care. If you'd like to know more, click [HERE](#) to see a NSW Health brochure on the WHC website.

