

Understanding Perinatal Depression and Anxiety for Dads

Gidget Foundation
Australia's *Understanding
Perinatal Depression and
Anxiety for Dads* video
is a free resource for all
expectant and new
dads nationally.

James Bracey

Gidget Foundation Ambassador & Journalist



The video offers evidence-based, trusted information from mental health clinicians, an obstetric specialist and fathers with lived experience of perinatal depression and anxiety (PNDA).

VIDEO
resource

"Dads can feel challenged admitting to emotional strain. This video can help reduce the stigma around their needs."

Dr Alice Dwyer, Consultant Psychiatrist

"Being a dad is just as big a deal as being a mum. The Gidget Foundation is here for all parents."

Dr David Moore, General Practitioner

"As a GP, I regularly see patients affected by perinatal depression and anxiety. Many people don't realise that PNDA can affect fathers too. This video helps raise awareness about PNDA for dads and highlights what symptoms to look for. Gidget Foundation Australia plays a vital role in supporting parents and reminding dads that GPs can help you develop a treatment plan if you are experiencing PNDA."

Dr Danielle McMullen, President AMA (NSW)

Proudly funded by



ENDORSED BY



@GidgetFoundation



@gidgetfoundation



@GidgetFndation



@Gidget Foundation Australia