

Start talking.

START TALKING TELEHEALTH PROGRAM – INFORMATION FOR CLIENTS



START TALKING INFO SHEET, 24.3.22

In April 2018, Gidget Foundation Australia launched its Start Talking telehealth program, in recognition of the need to support parents in regional, rural and remote locations of Australia.

Start Talking provides a minimum of ten (10) free telehealth psychological counselling services for expectant and new parents suffering from perinatal depression and anxiety who are currently unable to attend face-to-face sessions. The services are conducted via a video call platform.

Start Talking offers the same quality of care available through Gidget Foundation Australia's face-to-face psychology services at Gidget House, affording those with limited access, quality clinical psychological treatment.

WHO DOES START TALKING SUPPORT?

Start Talking provides a minimum of ten (10) free telehealth psychological counselling services per calendar year for expectant and new parents who have a diagnosis of, or are at risk of developing, a perinatal mood or anxiety disorder and who:

- o are pregnant; or
- o have a baby up to 12 months old.

Support is also provided to people who have experienced a stillbirth, miscarriage or termination within the last 12 months. Partners are able to access these specialised services as well.

WHAT IS A TELEHEALTH PSYCHOLOGICAL COUNSELLING SERVICE?

A telehealth psychological counselling service refers to a video conference consultation between you and your Gidget Foundation Australia clinician (or another clinician you may be referred to) that uses both a video and audio connection. It is similar to video calls that you may make using programs such as FaceTime or Skype.

HOW MUCH WILL THE COUNSELLING SERVICES COST?

A minimum of ten (10) telehealth psychological counselling services per calendar year will be

provided to clients **free of charge**. The cost of these sessions is fully funded by Medicare Australia's Better Access to Psychiatrists, Psychologists and General Practitioner's initiative.

However, as the services are conducted using a video call platform, you will be required to cover the cost of any internet / mobile data usage to enable the call.

AM I ELIGIBLE TO ACCESS THE START TALKING PROGRAM?

To be able to access the Start Talking program you will need:

- o A referral and a mental health care plan from your GP;
- o A stable internet connection / mobile internet access from the location that you will be at when you participate in the video call; and
- o Your own mobile device, laptop or desktop computer with a camera, microphone and speakers (a fully charged computer is preferable but not essential).

It is preferable that you participate in the video call from a quiet, private space.

If you do not have a stable internet connection or a device that is able to receive video calls, contact your GP or local community centre, who may be able to help. Alternatively contact us on starttalking@gidgetfoundation.org.au or **1300 851 758** for information on support services in your area.

HOW MANY COUNSELLING SERVICES CAN I ACCESS?

You will be able to access a minimum of 10 free telehealth psychological counselling services within a calendar year. →

