

Patients assessed as having perinatal anxiety or depression and whose general practitioner has provided a Mental Health Plan are eligible to receive 10 sessions with a psychologist per calendar year under the MBS. Access to a psychologist and out of pocket expenses are significant barriers to instigating treatment in a timely fashion. Gidget House, a facility of the Gidget Foundation, provides appointments to women with a referral. The psychologists provide their service for a Medicare-only fee, using the Medicare Better Access Model. More than 450 women and men have been seen in 2 years and demand is growing. Gidget House fills an unmet need and is a reproducible prototype for provision of outpatient perinatal mental health services. The service is provided on-site and through tele-medicine, utilising Skype, thereby making the service accessible both locally and nationally. Data will be presented from the program including demographics, EPDS progression scores and DASS21 and evidence of improvement in scores as a result of treatment. Patient response is measured through a follow-up questionnaire.