Stay connected every minute of every day.

A Practical Support App for parents in need.

Powered by Sonder

GidgetFoundation Australia

GIDGET PerinatalSupportCentre
Powered by Sonder

24/7 on-demand safety and wellbeing support service

WHAT IS THE GIDGET PERINATAL SUPPORT CENTRE?

Gidget Foundation Australia has a collaborative partnership with Sonder, a trusted and respected 24/7 on-demand safety and wellbeing support service.

Sonder is an on-demand support network which links expectant and new parents to a dedicated support centre via an app. The Sonder support team is made up of highly qualified, clinically trained staff who can be reached by live chat or over the phone, every minute of the day and night. Sonder offers real time advice and resources to help you navigate parenthood and can connect you to the most convenient pathway to get you whatever help you need – be that related to perinatal mental health, safety, medical issues or anything else. Where necessary and available, they can even arrange in-person support.

The Sonder app also has features that give members additional confidence to go about their daily lives, knowing that they have someone looking out for them.

WHO CAN ACCESS THIS SERVICE?

All expectant and new parents who reside in NSW, as well as all Gidget Foundation Australia NSW clients, are offered access to Sonder.

HOW MUCH DOES THIS SERVICE COST?

Access to the Gidget Perinatal Support Centre service, is free of charge for all expectant and new parents in NSW. This is only possible due to the generosity of the NSW government.*

*Valid for the duration of the pilot, which will conclude on 30 June 2021.

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NSW GOVERNMENT

HOW DO I ACCESS THE APP?

You can download the **Sonder app** by opening the camera on your phone and scan the relevant QR code – this will take you to your preferred app store.

Once you've downloaded the app, follow the below steps:

- Click '**new user**' in app
- Enter your email
- If prompted, select '**Enter registration code**'
- Enter the code: **GIDGET**

- Enter your first name and last name and re-confirm your email address
- You will receive an email asking you to create your password
- Once you've set your password, you'll be able to log in

GidgetFoundation Australia

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