

It's good for you and for bub when you feel strong, and connected with your family, community and culture.



Yarn with PANDA to stay safe and strong.

**CALL 1300 726 306**

(free call) Monday to Friday  
9am to 7.30pm AEST/AEDT  
Website: [panda.org.au](http://panda.org.au)



You can get help to call PANDA or other support from:



**PREGNANT OR HAVE A NEW BUB?  
GOT A LOT GOING ON?**



If you feel bad or stressed out there's no shame in talking it out.

**PANDA CAN HELP**

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Sometimes you might feel sad or cry a lot, worry too much, stress out, feel scared or shaky, find it hard to sleep, stop being able to have a good laugh or feel really no good.



It can make it really hard to care for bub.

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You can ring PANDA for a yarn, outside the ears of community. You can share anything worrying you with our kind counsellors.



They will keep your information safe. You don't have to tell them your name.

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Sometimes just talking it out can make you feel strong and deadly again. PANDA can also help if you need more support.



We can link you with other services that are culturally safe. They can support you to feel strong in mind, body and spirit.

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