Perinatal Anxiety & Depression Australia
National Helpline 1300 726 306

PANDA’s National Helpline provides specialist perinatal emotional and mental health support to anyone during pregnancy and early parenthood, including partners and family members.

Helpline hours | Mon to Fri, 9am - 7.30pm AEST/AEDT
panda.org.au | howisdadgoing.org.au