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*“If we value our children,
we must cherish their parents.”*

John Bowlby



PANDA
Perinatal Anxiety &
Depression Australia

YOUR WELLBEING

Pregnancy and early parenthood is both an exciting and challenging time. For some it can feel overwhelming.

It can be hard to know when to reach out for support. If you're struggling, talking openly with your partner, trusted friend or relative, GP or MCH Nurse can be helpful.

PANDA can help too. You don't need a diagnosis of anxiety or depression to call our free National Helpline.

Remember: your wellbeing matters too! Everyone benefits when mums and dads are healthy.



ANTENATAL DEPRESSION

ONE IN **TEN** WOMEN
ONE IN **TWENTY** MEN

STRUGGLE WITH ANTENATAL DEPRESSION

POSTNATAL DEPRESSION

ONE IN **SEVEN** NEW MUMS
ONE IN **TEN** DADS

EXPERIENCE POSTNATAL DEPRESSION

PANDA National Helpline

1300 726 306

Mon – Fri 9am – 7.30pm AEST/AEDT

www.panda.org.au

www.howisdadgoing.org.au

