

# PANDA's National Perinatal Anxiety & Depression Helpline

*more than an information service*

**1300 726 306**



## Did you know?

PANDA's National Helpline provides ongoing telephone counselling, information and referral for expecting and new parents experiencing mental health challenges.

The Helpline offers support for all new and expecting parents – from those with moderate difficulties with the transition to parenthood through to severe mental illness.

The Helpline team is made up of professional counsellors with backgrounds in psychology, social work, counselling and nursing.

The first consultation with a counsellor can last up to an hour. Counsellors use an evidence-based framework to gain an understanding of the caller's needs. PANDA can work with callers for several weeks or even months to support their mental health.

All Helpline counsellors work onsite at PANDA and have support from a team of expert senior counsellors.

The Helpline service works closely with health professionals such as GPs, psychologists, psychiatrists, midwives and child health nurses to contribute to holistic and family-centred care.

The Helpline is a fully funded, free service available to families across Australia. You can refer to PANDA's National Helpline or your client can call PANDA directly.

The Helpline service has a separate team of trained volunteers who have a lived experience of perinatal anxiety or depression, who can offer a unique sense of hope to callers with mild difficulties.

PANDA's National Perinatal Anxiety & Depression Helpline provides a **FREE** comprehensive telephone counselling and support service for expecting and new parents experiencing difficulties in their transition to becoming parents.

PANDA's National Perinatal Anxiety & Depression Helpline  
**1300 726 306** (Mon – Fri 9am – 7.30pm AEST/AEDT)  
[panda.org.au](http://panda.org.au)



**PANDA**  
Perinatal Anxiety &  
Depression Australia