PERINATAL ANXIETY AND DEPRESSION IS MORE COMMON THAN YOU THINK.

1 IN 5 Expecting or new mums will be affected

1 IN 10 Expecting or new dads will be affected

A significant number of NON-BIRTH PARENTS experience similar rates of mental illness

Across Australia 100,000 families will be impacted EVERY YEAR

PANDA’S NATIONAL PERINATAL MENTAL HEALTH HELPLINE

1300 726 306
9AM – 7.30PM MON – SAT (AEST/AEDT)

VISIT PANDA.ORG.AU