

# PANDA's National Perinatal Mental Health Helpline

more than an information service

**1300 726 306**



## Did you know?

PANDA - Perinatal Anxiety & Depression Australia is the only phone based national specialist perinatal mental health provider that offers a range of free and accessible inbound and outbound services that include intake, needs and risk assessment, brief intervention, service navigation, counselling, crisis intervention, and advocacy/care coordination.

PANDA's Helpline offers a spectrum of services for expecting and new parents experiencing mental health challenges from those with mild to moderate difficulties associated with transition to parenthood right through to those with severe mental illness.

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.

The Helpline team is supervised and supported by 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 by completing the online form on our website or your client can call PANDA directly.

Aligned with the stepped model of care, the Helpline is made up of professional counsellors with a background in psychology, social work, counselling and nursing and trained peer support volunteers who have a lived experience of perinatal mental illness.

PANDA's National Helpline provides a **FREE** comprehensive telephone counselling and support service for expecting and new parents experiencing difficulties in their transition to becoming parents, including those faced due to COVID-19.

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



**PANDA**  
Perinatal Anxiety &  
Depression Australia