

# PANDA HEALTH PROFESSIONALS RESOURCE CATALOGUE



**PANDA – Perinatal Anxiety & Depression Australia offers an ever-growing range of resources for health professionals working with families at risk of perinatal mental health issues.**

**Our print resources can be ordered free at [panda.org.au](http://panda.org.au).**

**Many can also be downloaded as PDF files to print. Sign up to our eNews at [panda.org.au](http://panda.org.au) for updates on new resources for patients and health professionals, training and more.**

## **PANDA can help (services brochure)**

A brochure for expecting and new parents, with real life quotes and information about perinatal anxiety and depression and postnatal psychosis, and support offered by the PANDA National Perinatal & Depression Helpline.

## **PANDA posters**

A3 or A4 posters for your waiting or consultation room with the text: 'Is pregnancy or early parenthood making you sad or anxious' and information about support available via the PANDA Helpline.

## **How is Dad Going? postcard and poster**

One in ten men will experience anxiety or depression in the perinatal period. This postcard and A4 or A3 poster includes information and a real quote to encourage men to call PANDA and visit our website for fathers and their concerned partners at [howisdadgoing.org.au](http://howisdadgoing.org.au).

## **Wellbeing postcard**

A postcard introducing the idea that parents' wellbeing matters: 'If we value our children, we must cherish their parents'. Includes statistics showing how common it is for expecting and new mothers and fathers and information about the PANDA Helpline.

## **Health professional tip sheets**

### **Encouraging disclosure**

Despite screening, most women who experience perinatal mental illness are not identified by care providers. We explain diverse barriers to disclosure, and provide tips including language that can encourage disclosure.

### **Making Effective Referrals**

Even after a care giver has identified potential mental health issues and offered referrals, many families will still not end up getting the support they need. We explain why, and offer tips and tools to make referrals effective.

### **Perinatal Emotional & Mental Wellbeing Interventions**

Describes a range of support and treatment options including community and specialist supports. Different supports will suit families according to their needs, circumstances and preferences.

## **Client fact sheets**

**Plain language fact sheets for clients and carers. Many professionals give them out at antenatal or early postnatal appointments, or in information kits for expecting/new parents. Two pages unless stated.**

### **Expecting parents: Emotional Wellbeing and Mental Health**

Explains the risks and symptoms of antenatal anxiety and depression, which affects one in five mothers. One in 20 expecting dads also experience antenatal depression and many more experience anxiety. Seeking help early increases the chance of a faster recovery, and reduces the risk of postnatal mental health issues.

### **Anxiety and Depression in Pregnancy and Early Parenthood**

A four-page fact sheet covering antenatal and postnatal anxiety and depression and postnatal psychosis. Includes extensive descriptions of signs and symptoms, quotes from people who have experienced these illnesses, contributing factors and how to get help. Also includes a section for those concerned about a partner or loved one.

### **Translated fact sheets: Anxiety and Depression in Pregnancy and Early Parenthood**

The above four-page fact sheet is also available in Arabic, Chinese, Somali, Urdu and Vietnamese.

### **Perinatal Anxiety and Depression in Men**

Around one in 20 men experience depression while expecting a baby, and one in ten postnatally. Anxiety is just as common and many men experience both. The fact sheet includes symptoms, how the illness can often be experienced by men, risk factors, steps to getting help, how PANDA can help and tips for men to care for themselves when expecting a baby or in early parenthood.

### **Adjusting to the Challenges of Parenthood**

Outlines some key challenges of new parenthood such as exhaustion, physical demands, birth recovery, relationship and identity changes. Talks about the importance of asking for help, suggests community supports and describes how the PANDA Helpline can support anyone who is struggling or concerned about a loved one.

## Talking to your Doctor

Information and tips to help anyone concerned about their mental health or a loved one to talk to their doctor. GPs play a key role in assessing mental health, diagnosis and providing treatment and ongoing management. However, many people find it difficult to disclose the full extent of their distress or symptoms to their GP.

This fact sheet explains the doctor's role, finding a doctor with an interest in mental health, and tips for making the most of your consultation, including questions to ask. It also provides information about a key PANDA tool people can use to help them start the conversation with their GP: our Mental Health Checklist (see online resources).

## Caring for Someone with Perinatal Anxiety and Depression

For partners and other carers: provides information about symptoms, an exploration of challenges for carers – including quotes from real life carers, tips for carers, specific challenges and tips for partners, and help available for partners and carers, including from the PANDA Helpline.

## LGBTIQ (Lesbian, Gay, Bisexual, Trans, Intersex and Queer) Parents and Perinatal Anxiety and Depression

A fact sheet for LGBTIQ parent families, also helpful for many health professionals. Covers some of the risk factors common to all families and those specific to LGBTIQ parents, including discrimination, stigma, family of origin issues and issues for non-biological parents. Includes a personal story and help available, including from the PANDA Helpline, plus key online resources.

## Recovery from Perinatal Anxiety and Depression

For anyone concerned about or diagnosed with perinatal anxiety or depression. Talks about asking for help, the role of health professionals, potential treatment options, the role of counselling and how to access it, and general recovery strategies. Also discusses decision-making about having another baby, and tips for caring for yourself in recovery and if you have another child.

## Wellbeing and Self-care

Explores a range of ways in which new parents can care for their wellbeing, including tips related to sleep, eating, exercise, maintaining or creating new social connections, taking time out, being gentle with themselves, seeking support from a professional or calling the PANDA Helpline.

## ONLINE RESOURCES

### PANDA's Mental Health Checklist for Expecting and New Parents

An interactive health education tool at [panda.org.au](http://panda.org.au) providing an anonymous, easy way for expecting/new parents to explore emotional wellbeing, identify potential symptoms of perinatal mental illness and seek help. Separate checklists available for antenatal and postnatal mums, dads/non-birth parents and partners/carers.

It includes 30 tick box plain language questions covering a range of symptoms and risk areas (indicating frequency) including changes in bodily symptoms, behaviours, thoughts, feelings and relationships. Users receive graded responses with information about where to seek help, (including the option of requesting a call back from PANDA) and a printable PDF summary of their responses, to help them start a conversation with their care provider.

### PANDA website at [panda.org.au](http://panda.org.au)

PANDA's main website includes extensive plain language information for expecting and new parents, family and friends, plus diverse personal stories of perinatal anxiety, depression, psychosis and recovery. These are a powerful tool to break down stigma and encourage help-seeking.

Includes the PANDA Mental Health Checklist, information and resources for health professionals, including an online form for referring clients to the PANDA Helpline.

### How is Dad Going? website

Includes information for expecting fathers and new fathers for men concerned about their partner's mental health, and/or men concerned about their own. It also includes quotes and lots of tips for new fathers about preparing for parenthood, managing their relationship in the transition to parenthood, caring for an unwell partner and more.

### Seek Help Early: education video

A ten minute education video on emotional wellbeing and mental health for expecting and new parents, for use in antenatal and postnatal education settings. Includes real life stories from three diverse families, information on treatment options, and where to seek help, including support available through the PANDA Helpline.

Perinatal Anxiety & Depression  
Australia Inc. (A0007201S)

PANDA Helpline: 1300 726 306  
Administration line: 03 9926 9090  
Helpline health professionals  
direct line: 03 9926 9018

National office: 810 Nicholson St  
North Fitzroy, Victoria 3068

**National Perinatal Anxiety &  
Depression Helpline: 1300 726 306**

Monday - Friday 9:00am - 7:30pm  
AEST/AEDT

[www.panda.org.au](http://www.panda.org.au)  
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