

LET'S GET REAL

## Perinatal anxiety and depression is more common than you think.

Up to **one in five** expecting or new mums will be affected.



As many as **one in ten** expecting or new dads will too.

Across Australia,  
**100,000** families will be  
impacted every year.



**Left untreated, perinatal anxiety and depression can be devastating — but help is available.**

PANDA's National Perinatal Anxiety & Depression Helpline

**1300 726 306**

Mon - Fri 9am - 7:30pm AEST/AEDT

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

