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