

# Support that's there for you and your family.



Whether you're planning, starting  
or raising a family, we're here for you.

**1 in 5 women and up to  
1 in 10 men will experience  
anxiety and/or depression  
in the perinatal period.**

Having a baby is life-changing. During pregnancy and early parenthood, joy and happiness can exist alongside feelings of sadness, exhaustion, and worry. These feelings can be difficult and unexpected.

**It's normal to find pregnancy and early parenting challenging.**



The PANDA Helpline provides a safe and confidential space for any expecting or new parent needing support.

Counsellors on our National Helpline can help you by talking openly and honestly about your thoughts, feelings and experiences, including:

- Making sense of becoming a parent
- Identifying your strengths and developing coping skills as a new or expecting parent, or support person
- Explore perinatal mental health and well-being strategies
- Link in with community-based perinatal supports in your area.

PANDA also provides a free, anonymous mental health checklist on our website, which can help you to see if what you're experiencing or observing in a loved one could be reason to seek help.

**Reaching out is the first step**



**PANDA National Helpline 1300 726 306**



**Visit [panda.org.au](https://panda.org.au) for more.**