

PERINATAL ANXIETY AND DEPRESSION IS MORE COMMON THAN YOU THINK.



1 IN 5

Expecting or new
mums will be affected



1 IN 10

Expecting or new dads
will be affected



A significant
number of

**NON-BIRTH
PARENTS**

experience similar rates
of mental illness



Across Australia

100 000

families will be impacted

**EVERY
YEAR**

PANDA'S NATIONAL PERINATAL MENTAL HEALTH HELPLINE

1300 726 306

9AM – 7.30PM MON – SAT (AEST/AEDT)

VISIT PANDA.ORG.AU

