

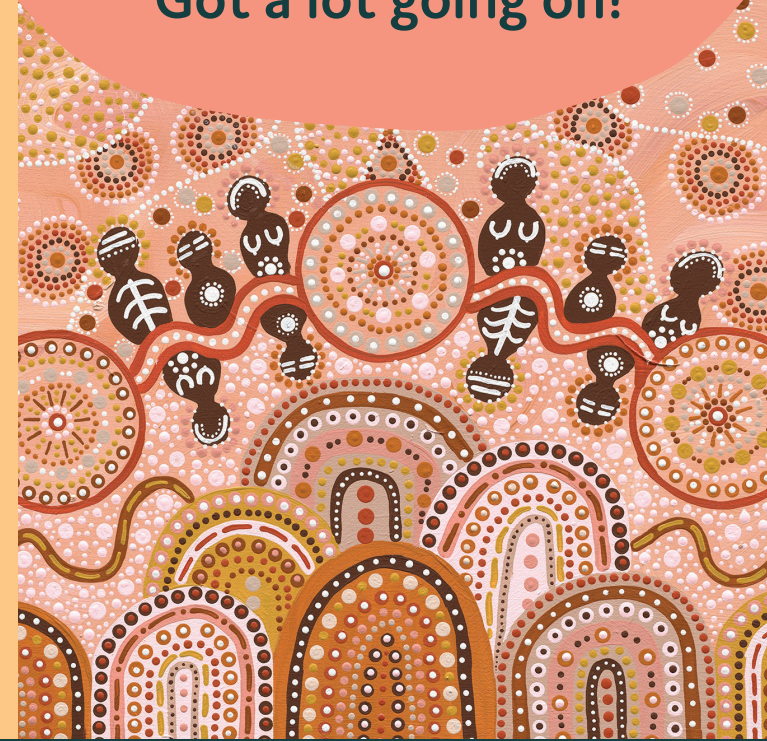
It's good for you  
and for bub when  
you feel strong, and  
connected with your  
family, community  
and culture.



Yarn with PANDA to  
stay safe and strong.



Pregnant or  
have a new bub?  
Got a lot going on?



PANDA National Helpline  
(Monday to Saturday)

**1300 726 306**

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

You can get help to call PANDA  
or other support from:



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

Artwork by Melissa Barton, a proud Boorooberongal  
woman (grey kangaroo people) of the Dharug nation



Sometimes you might feel sad or cry a lot, worry too much, stress out, feel scared or shaky, find it hard to sleep, stop being able to have a good laugh or feel really no good.

It can make it really hard to care for bub.



You can ring PANDA for a yarn, outside the ears of community. You can share anything worrying you with our kind counsellors.

They will keep your information safe. You don't have to tell them your name.



Sometimes just talking it out can make you feel strong and deadly again. PANDA can also help if you need more support.

We can link you with other services that are culturally safe. They can support you to feel strong in mind, body and spirit.

