

Planning, starting or raising a family?

# PANDA is here for you



PANDA supports the mental wellbeing of parents across Australia during pregnancy and early parenthood. You can call us any time, for any reason.



Reaching out is the first step.  
PANDA Helpline 1300 726 306 (Mon–Sat)  
or visit [panda.org.au](https://panda.org.au)



**PANDA**  
Perinatal Anxiety &  
Depression Australia