



RESOURCE ORDER FORM

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ITEM	TITLE	QUANTITY
PANDA PAMPHLET (DL size, tri-fold)	'Is parenthood making you sad or anxious?'	
POSTCARDS	'If we value our children, we must cherish their parents' – your wellbeing	
	'How Is Dad Going?'	
FACT SHEETS	Anxiety & Depression in Pregnancy and Early Parenthood	
	Perinatal Anxiety & Depression in Men	
	Adjusting to the Challenges of Parenthood	
	Caring for Someone with Perinatal Anxiety & Depression	
	Recovery from Perinatal Anxiety & Depression	
	LGBTIQ Families and Perinatal Anxiety & Depression	
POSTERS	A4 size: 'Is parenthood making you sad or anxious?'	
	A3 size: 'Is parenthood making you sad or anxious?'	
	A4 size: 'How Is Dad Going?'	
	A3 size: 'How Is Dad Going?'	

To place your order, scan form and email to info@panda.org.au or fax to (03) 9482 6210.

Postage is free of charge if less than \$50 within Australia. For international orders, please email info@panda.org.au for a quote before ordering.

All fact sheets can be downloaded from <http://www.panda.org.au/awareness/resources>

The following fact sheets are available **online only**: 'Wellbeing and self-care' and 'Anxiety and depression in pregnancy and early parenthood' fact sheet in Arabic, Simplified Chinese, Somali, Urdu and Vietnamese.