

Perinatal Depression & Anxiety  
Awareness Week 12–18 November 2017



*It happened  
to me*

Perinatal anxiety and depression can happen to any expecting or new parent. It is a serious illness that does not discriminate. **1 in 5 expecting or new mums** and **1 in 10 expecting or new dads** will experience perinatal anxiety or depression

Know the signs. Seek help early > [panda.org.au](http://panda.org.au)