

Perinatal Depression & Anxiety Awareness Week 2020

**Your baby is 1
in a million**

Are you 1 in



Approximately 1 in 5 new and expectant birth parents, and up to 1 in 10 non-birth parents experience problematic symptoms of perinatal anxiety and/or depression.

Take the test on our website to see if you might be experiencing symptoms.

pnda.wayahead.org.au