

Perinatal Mental Health Awareness

**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 perinatal mental health challenges.

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

[pnda.wayahead.org.au](http://pnda.wayahead.org.au)