



It's ok to feel
like you can't
cope with baby...

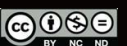
...as long as you know you
can always ask for help.



Queensland Centre for
Perinatal and Infant
Mental Health

Where to get help:

Your local doctor (GP) or Indigenous Health Service
13 HEALTH (13 43 25 84) Lifeline 13 11 14
PANDA 1300 726 306 beyondblue info line 1300 22 4636
Parent Line (24 hours) 1300 301 300



Queensland
Government