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

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

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