

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

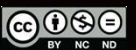
Where to get help:

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

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