

"Pandas Foundation were so helpful and I'll support them in return for the rest of my life."

Pre and Postnatal  
Depression affects  
people of any age  
and background

**Pandas** Help Line  
☎ 0843 28 98 401

Phone lines are open 9am till 8pm. Mon - Sun

Knowing where to find answers to your questions, or having someone outside the family to talk to who has experienced similar situations, can often make a real difference to life with pre or postnatal depression.

## Donation to Pandas Foundation

Yes, I'd like to help fight pre and postnatal depression on every front- information, support and campaigning.

Please accept my gift of £\_\_\_\_\_

Please debit my

☐ Caf Charity Card ☐ Visa ☐ Mastercard ☐ Maestro

Card No:

Start date:     Expiry date:

Issue No:

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Or I enclose a cheque/postal order made payable to Pandas Foundation

Or I would like to set up a standing order for £\_\_\_\_\_ to Pandas Foundation.

Sort code 20-77-85 Account number 43008061

Please add reference as donation + (your name)

Thank you!

**Pandas** Foundation

Pre And post Natal Depression Advice and Support

Pandas Foundation 2012, Limited Company registered in England and Wales with company number 7740327 Registered office: 9 Grosvenor Green, Shrewsbury, Shropshire, SY1 3RF



About us

**Pandas** Foundation

Pre And post Natal Depression Advice and Support

## About Us

Pandas Foundation (Pre And postNatal Depression Advice and Support) has been set up to support individuals and their families who are living with Pre and Postnatal Depression.

Our primary focus is that no parent should feel alone when suffering depression, whether it is during pregnancy or following birth.

We aim to understand the individual behind the illness and give them the advice, guidance and support they need to help aid their recovery.

Pandas Foundation offers a variety of support services; website and online community, telephone help line, email and local support groups.

## Why we are here

### In the UK:

- 1 in 4 people will experience a mental health problem in any given year
- A number of studies indicate that 10-15 per cent of new mothers will experience Postnatal Depression
- Close to 90 per cent of those who die by suicide have a mental disorder. Of these suicides more than 60 per cent are thought to have been experiencing a depressive illness at the time

## What we do

As well as the treatment and care received from health professionals, many individuals and their families with pre and postnatal depression like to meet others who have their own experiences of the illness, and feel the need for extra information and continued support.

## Support and information

Because we're here, no one has to face pre or postnatal depression alone.

We provide information and support through our UK-wide team, our website [pandasfoundation.org.uk](http://pandasfoundation.org.uk), our confidential help line 0843 28 98 401 and publications.

### Pandas Support Groups

We bring people with pre and postnatal depression, their carers and families together via local groups and an online community.

### Volunteers

All of our volunteers are people who have been affected by pre or postnatal depression. They are closely involved in the work of the Foundation.

### Talks and awareness events

Our volunteers work in their local community to raise awareness of pre and postnatal depression by giving talks, attending events and hosting information stands.



## Campaigning

Pandas Foundation is committed to campaigning to achieve change and believe that people affected by pre or postnatal depression should receive the highest standards of treatment and care wherever they live.

## What you can do

In the past, pre and postnatal depression has suffered from a legacy of neglect. Scientific research into this dangerous illness has been under-funded and awareness of it remains low.

You can help change this. With your help we can ensure that pre and postnatal depression gets the attention it deserves - from scientists to politicians and families up and down the country. We rely on support from individuals, trusts and companies to help deliver our information and support services, so your help really will make a difference to families and carers affected by pre and postnatal depression.

### Send a gift

Every penny of your gift will help us continue the fight against pre and postnatal depression on every front. There are so many ways for you to pledge your support - you can make a one off donation or set up a monthly gift.

### Enjoy a fundraising event

Organising a fun activity with your friends or taking part in one of our events will raise valuable funds. Whatever your interests, there's an event for you - whether it's running the London marathon, climbing Ben Nevis, or even a sponsored silence.

### Volunteer

You can play a vital role in helping us by raising awareness or funds, many other roles. Find out more at [pandasfoundation.org.uk](http://pandasfoundation.org.uk)