

MEDIA RELEASE

MORNING TEA FOR PND AT LEGISLATIVE ASSEMBLY

Next week is Perinatal Depression and Anxiety Awareness Week. (15 - 21 November). To mark this significant occasion, Yvette Berry MLA will be hosting the PANDSI (Post & Ante Natal Depression Support and Information Inc.) annual MORNING TEA FOR PND at the Legislative Assembly on the 19th November.

The PANDSI Morning Tea for PND plays an important part in raising vital funds and awareness about post and ante natal depression and anxiety, with this disorder affecting up to 20% of women and 10% of men.

The morning tea will include mums and bubs exercise, infant first aid demonstrations, play equipment and taste testing delicious and healthy food designed for young families.

PANDSI has been providing support and information for families in the ACT since 1989 and specifically works with families to reduce the negative outcomes associated with perinatal mental health conditions.

We would be grateful for media coverage on the day.

VIP's expected to be in attendance are Senator Katy Gallagher and Nicole Lawder MLA.

Time of event is 10am-12pm at the Legislative Assembly Reception Room on the 19th November.

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