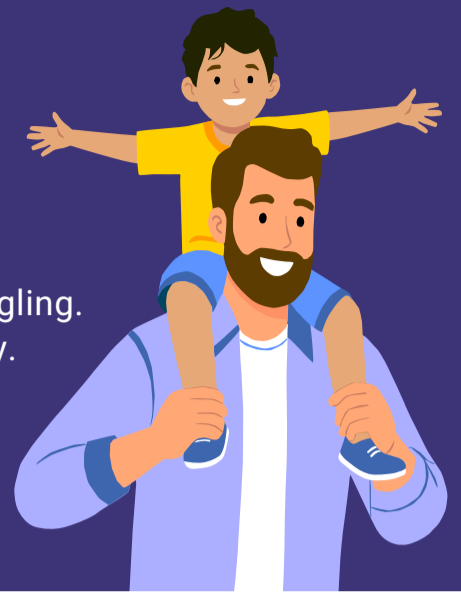




# Support for fathers

Adjusting to parenthood can bring new challenges. There is nothing to be ashamed of if you are struggling. One in 10 new and expecting dads experience mental health concerns such as depression and anxiety. It is important to seek support if you are experiencing difficulties or finding it hard to cope.

There is a range of groups and support networks to help dads. See below or scan the QR code for links to available services.



## Aboriginal Fathers Stayin' on Track

Online resources developed by Aboriginal men for Aboriginal dads.

**Website:** [stayinontrack.com](http://stayinontrack.com)



## SMS4dads and SMS4 Deadly Dads

SMS4dads is a free mobile phone texting service that helps fathers understand and connect with their baby and partner, as well as checking in on their wellbeing and offering professional support if needed.

**Website:** [sms4dads.com.au](http://sms4dads.com.au)



## Dads Group

A bunch of dads supporting dads like you to be great dads

**Website:** [dadsgroup.org](http://dadsgroup.org)



## Mensline Australia

MensLine Australia is a free telephone and online counselling service offering support for Australian men anywhere, anytime.

**Website:** [mensline.org.au](http://mensline.org.au)

**Phone:** 1300 78 99 78 (24/7 phone counselling support)



## The Fathering Project

Programs and resources to engage, equip and support fathers.

**Website:** [thefatheringproject.org](http://thefatheringproject.org)



## Dadspace

Supporting fathers through the transition to parenthood.

**Website:** [dadspace.com.au](http://dadspace.com.au)



## Prepared Dad Program

Free, online, peer-led antenatal education and ongoing peer support for expectant fathers.

**Website:** [preparedad.org.au](http://preparedad.org.au)



## Brave Foundation

The Brave Foundation supports young people who are expecting or are parenting.

**Website:** [bravefoundation.org.au](http://bravefoundation.org.au)



## Ngala

Ngala provide services and support to enhance the wellbeing and development of children, parents, family and communities. Ngala provides specific resources for dads.

**Website:** [ngala.com.au](http://ngala.com.au)

**Phone:** (08) 9368 9368 (Parenting line free advice, 8am-8pm)



## PANDA

PANDA (Perinatal Anxiety & Depression Australia) supports the mental health of parents and families during pregnancy and in their first year of parenthood. PANDA has specific information for dads.

**Website:** [panda.org.au](http://panda.org.au)

**Phone:** 1300 726 306 (helpline, Monday to Saturday)



## Raising Children Network

An Australian parenting website that offers comprehensive, practical, expert child health and parenting information, including information to support fathers

**Website:** [raisingchildren.net.au](http://raisingchildren.net.au)



## ForWhen

A free national care-navigation phone line that connects new and expecting parents or carers to perinatal and infant mental health services and supports in their local area.

**Website:** [forwhenhelpline.org.au](http://forwhenhelpline.org.au)

**Phone:** 1300 24 23 22 (Monday to Friday, 9am-4.30pm)



## COPE

COPE (Centre of Perinatal Excellence) provides high quality, evidence-based information to empower people and guide them, with support for fathers.

**Website:** [cope.org.au](http://cope.org.au)



## GIDGET Foundation

Supports the mental health of expectant, new and potential parents to ensure they receive accessible, timely and specialist care. They have two specific resources for fathers: Support for dad, Being 'man enough' to admit that you're drowning: Luke's Story

**Website:** [gidgetfoundation.org.au](http://gidgetfoundation.org.au)

**Phone:** 1300 851 758 (Monday to Friday, 9am-5pm)



## Your GP

Book into your GP for a chat and possibly a mental health plan, which entitles individuals to Medicare-supported sessions with a psychologist.