



FINDING SUPPORT

For dads with kids in mind ...

4 Dads

Having the right support during tough times can be essential so you can continue being there for your family.

Spending time with friends and family can be reassuring, but you may need the guidance of a health professional. Finding the right support can be challenging. Sometimes, it can take several months of talking with different people to work out what will best suit you and your family. But persist to find the support that's right for you. There's plenty out there.

What you can do

- Find a trusted friend, colleague or family member to confide in.
- Find a health professional through a referral from your GP (doctor).
- Check out the list of services overleaf. This is a sample of the support available to you and your family.
- Create wallet cards for you and your child or program numbers into your phones.
- Make a 'support hand' for you and your child to reassure them you'll both have someone to call on to talk problems through.

"He disappeared at times but if we could live that period again, we'd know how to get support so he could stay involved."

Kids Talk

"It's harder to find help when you don't want it. Help's out there. We found it through mental health workers and health centres."

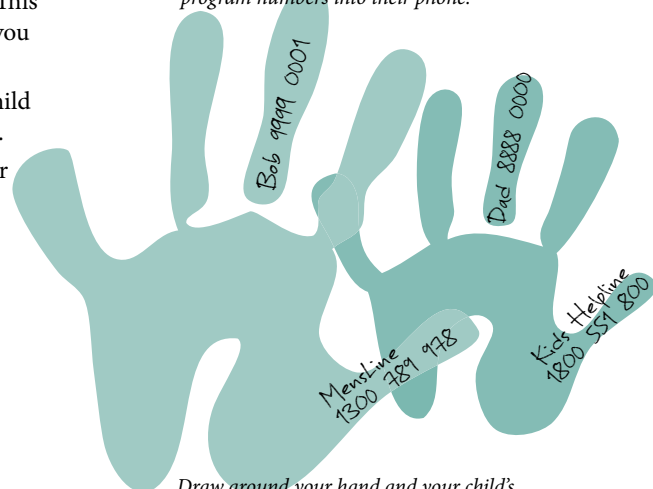
Dads Talk

"Men gain support from other men ... just by being with them."

Health Workers Talk



Create a card for your child's wallet or program numbers into their phone.



Draw around your hand and your child's. Write the phone numbers of the people you trust talking to when you're worried on each finger. On your child's thumb, write the KidsHelpLine number and on yours, MensLine.

Support for fathers

MensLine Australia | Telephone and online support, information and referral service for men | 1300 78 99 88
www.mensline.org.au

Read the signs | Online support for men to seek help
www.readthesigns.com.au

Lifeline | 24 hour telephone counselling service | 13 11 44

Grow | Peer support for mental health | 1800 558 268
www.grow.net.au

Family Relationship Advice Line | 1800 050 321
www.familyrelationship.gov.au

Support for parenting: Communicating with children

COPMI Children of Parents with a Mental Illness
Resources for young children 0 – 6 years old
Resources for children 7 to 12 years old
Resources for young children aged 13—18 years old
Resources for parents
08 8367 0888 | www.copmi.net.au

Parentline | www.parentline.com.au
QLD & NT | 1300 30 1300 | 8am-10pm 7 days a week
VIC | 13 22 89 | 8am to midnight 7 days a week
SA | 1300 364 100 | 24hrs 7 days a week
NSW | 1300 1300 52 | 24hrs 7 days a week
WA | 08 6278 1200 or 1800 654 432 regional/rural | 24/7
ACT 02 6287 3833 | 9am-9pm Mon-Fri
TAS 1300 808 178 | 24hrs 7 days a week

Support for fathers in their relationships

Relationships Aust | Counselling, family dispute resolution (mediation) and a range of family and community support and education programs
1300 364 277 | www.relationships.org.au

MensLine Australia | Counselling for men | 1300 78 99 88
www.mensline.org.au

Support with caring

Mental Health Carers Arafmi Australia | Support for mental health carers and their families | 03 9457 7130 |
www.arafmiaustralia.asn.au

Carers Australia | Carer advisory and support service
1800 242 636 | www.carersaustralia.com.au

Black Dog Institute | 02 9382 4530
www.blackdoginstitute.org.au | See 'support groups'

Local Supports

Carer respite

Play group

Baby sitter

Local child health clinic

School

Child care

Parentline

Doctor

Complete details for your local supports and keep this sheet handy

Finding professional mental health and counselling support

beyondblue | Directory of medical and allied health practitioners in mental health | 1300 22 4636
www.beyondblue.org.au

Australian Psychological Society
Find a Psychologist | 1800 333 497
www.psychology.org.au |

Occupational Therapy Australia
Find an OT who works with people who experience social or emotional distress, or mental illness, to assist them to participate in their chosen activities and/or occupations | www.otaus.com.au

ACT 1300 68 2878 | NSW 02 9648 3225
NT 1300 68 2878 | QLD 07 3397 6744
SA 08 8342 0022 | TAS 1300 68 2878
VIC 03 9481 6866 | WA 1300 68 2878

Australian Assoc of Social Workers
Search the directory to find an accredited mental health social worker in your area | www.aasw.asn.au

Visit www.copmi.net.au/dads
to view video and links to more information

Talk to someone | Get more info

MensLine | 1300 78 99 78 | www.mensline.org.au

Beyond blue | 1300 22 4636 | www.beyondblue.org.au

SANE Australia | 1800 18 SANE (7263) | www.sane.org

