

Dad's Resource List

Karitane **1300 227 464 (Careline)** **www.karitane.com.au**
Support for parents around sleep and settling, establishing routines, feeding and nutrition, toddler behaviour and pre and postnatal mental health.

The NSW Mental Health Access Line **1800 011 511**
Gives NSW residents access to expert mental health advice, support and referral for people dealing with mental health problems and their families and careers.

Lifeline **13 11 14** **www.lifeline.org.au/**
Anyone across Australia experiencing a personal crisis or thinking about suicide can contact Lifeline for support.

PANDA **1300 726 306** **www.panda.org.au**
Perinatal Anxiety & Depression Australia supports men, women and families across Australia affected by anxiety and depression during pregnancy and in the first year of parenthood.

MensLine Australia **1300 78 99 78** **www.mensline.org.au**
For men of any age who would like support, information, or referral to assist them deal with relationship problems, anger management and domestic violence victims support.

Beyond Blue **1300 22 4636** **www.beyondblue.org.au**
Provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

Family Relationships Advice Line **1800 050 321** **www.familyrelationships.gov.au**
The Family Relationship Advice Line is a national telephone service that helps families affected by relationship or separation issues, including information on parenting arrangements after separation.

Dad's Group Inc. **www.dadsgroup.org**
Dad's Group Inc. partner with sponsors, councils, and community organisations, to start and support new Dads Groups in different suburbs, through events that encourage new fathers to meet.

Men's Shed **www.mensshed.org**
Aims to improve the health and wellbeing of members and reduce the number of men who are at risk from preventable health issues that may emanate from isolation.

Alcoholics Anonymous **1300 222 222** **www.aa.org.au**
Provides support for anyone who has identified their alcohol use as a problem

Gambling Help Online **1800 858 858** **www.gamblinghelponline.org.au**
Gambling Help Online provides free support for anyone affected by gambling in Australia. Chat counselling, email support and self-help services are available 24/7.

Our Vision:

Leaders in early parenting services that empower families and children to be confident, safe and resilient.

All correspondence to PO Box 241, Villawood NSW 2163

ABN 25 000 018 842 Charity No. 12991

www.karitane.com.au