



SUPPORT FOR NEW DADS AND DADS-TO-BE



- Below is a list of support services for new dads and dads-to-be.
- These support services can also be found on the [Child and Family Health - For Dads webpage](#) and the [Women's and Newborn Health - Information for dads webpage](#).



- [Dadvice](#) has been developed by [BeyondBlue](#).
- It contains a suite of web resources including videos, fact sheets, comprehensive dad-tips and advice, an interactive dad-stress tool plus a dad emotional health and wellbeing guide.
- Find these resources [here](#).

- [A guide for dads: caring for your family during perinatal mental illness](#) is a NSW Health website resource for dads with information about how to take care of your baby, how to get support and how to give support.

- Find out more [here](#).



[Hear other dads' stories](#)

You're not alone. Here's how other dads coped with perinatal mental health.



[How to support yourself](#)

You've taken care of your partner and the baby, now look after yourself.



[How to support her](#)

Find out what you can do, with tips from dads who've been there.



[How to care for your baby](#)

Find out what your baby needs, including feeding, bathing, nappies and sleeping.



- [RaisingChildren](#) provides free, reliable, up-to-date and independent information to help families.
- [RaisingChildren](#) has a [dedicated webpage for fathers](#) that contains information about adjusting to fatherhood, how to support with breastfeeding, changing nappies, balancing life and work. It also contains information about antenatal and postnatal depression in men. Find out more [here](#).



- [How is dad going?](#) is an emotional and mental health support website developed by [PANDA](#).
- It has information for expecting dads, new dads and caring for your partner.
- It includes strategies about returning to work, roles at home and life work balance.



- [PANDA - Perinatal Anxiety & Depression Australia \(PANDA\)](#) supports women, men and families across Australia affected by anxiety and depression during pregnancy and in the first year of parenthood.
- PANDA provides a FREE national helpline service. **Call: 1300 726 306.**



- [Mensline](#) is a telephone and online counselling service offering support for men anytime, anywhere.
- **Call 1300 78 99 78** or go [here](#).