

Other Useful websites/numbers

Raising children network

www.raisingchildren.net.au/fathers

Parentline ACT

6287 3833

Tresillian Parent Line

1800 637 357

Pregnancy, birth & baby helpline

1800 882 436

Parentlink

www.parentlink.act.gov.au

Accessibility

The ACT Government is committed to making its information, services, events and venues as accessible as possible.

If you have difficulty reading a standard printed document and would like to receive this publication in an alternative format such as large print, please phone 13 22 81 or email HealthACT@act.gov.au



Interpreter

If English is not your first language and you require the Translating and Interpreting Service (TIS), please call 13 14 50.

If you are Deaf, or have a speech or hearing impairment and need the teletypewriter service, please phone 13 36 77 and ask for 13 22 81.

For speak and listen users, please phone 1300 555 727 and ask for 13 22 81. For more information on these services visit <http://www.relayservice.com.au>

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Dad
How you feel matters



ACT
Government
Health



Australian Government
Department of Health and Ageing

Helpful contacts for Dads in the ACT

Fatherhood can be one of the best things you ever do, it can also be tough and challenging.

– It's ok to ask for help! –

Before the baby arrives

Beers & Bubs –
childbirth classes @ pubs

www.beerandbubs.com.au
ACT contact: 0414 267 791

Relaxing into Parenting/
Baby makes 3

www.cmsinc.org.au

Bringing Baby Home –
Calvary Health Care, Bruce

Ph: 02 62647062

Baby has arrived

What Were We Thinking

www.whatwerewethinking.org.au

'How you feels matters'

www.health.act.gov.au/perinatal

The DAD Factor

www.newcastle.edu.au/resources

Child and Family
Health Centres

www.communityservices.act.gov.au/ocyfs/childandfamilycentres

Meet other Dads

Father's playgroup –
ACT playgroup

1800 171 882 | 0414 267 791
www.playgroupaustralia.com.au



Extra Support

PANDSI

www.pandsi.org/dads
02 6288 1936

Centre of Perinatal Excellence
C.O.P.E

www.cope.org.au

Beyondblue

1300 22 4636
www.beyondblue.org.au
(search-what about dads)

General Practitioners

(ask about Health in Mind)

Men's Health

MensLine

1300 789 978

Relationship/
family issues

Relationship Australia

1300 364 277
www.relationships.org.au

Dads play a key role in the health and wellbeing of every family. Don't forget to take care of yourself.