

Dad, it's okay if you don't know what to do.

Becoming a parent brings many changes and challenges - for dad too. Caring for your newborn can be hard work but it does get easier as you get more experience and confidence as a parent.



Up to 1 in 10 expecting and new dads experience changes to their mental health when they become a parent.

Every day, we speak to Dads on the PANDA Helpline, from all parts of Australia. We have a range of resources to help you look after yourself, your partner and your baby.

That first step to reach out is different for every dad. We partner with others to offer a range of social and online opportunities for dads, so you can find the one that's right for you.

SMS4Dads Free text messages that help you connect with your baby, support your partner and check in on your wellbeing.

DadBooster Free 6-session online program for new dads who are experiencing depression, offering treatment, advice, and regular SMS contact.

You can also join **Dads Group** for online and in-person groups just for dads. Visit our website to find more information.

"It was amazing just having someone who listened. The biggest thing was having that first phone call. That really helped shatter the illusion for me that I had to keep it all together, that I had to be a perfect dad."



Reaching out is the first step.
PANDA Helpline 1300 726 306
or visit panda.org.au

