Jai Rowell MP

Minister for Mental Health
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MEDIA RELEASE

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HELP IS AVAILABLE FOR DADS IN DISTRESS THIS FATHER'S DAY: ROWELL

While many families across the state will today be coming together to spend some quality time with their Dads, Father's Day can also be an emotionally trying time for those fathers who are separated from their children.

Minister for Mental Health Jai Rowell today urged those fathers who may be doing it tough this Father's Day to remember that help is always available if they need mental health support.

"We know that Father's Day, Mother's Day, Christmas and other big occasions traditionally associated with families coming together can be really challenging for those parents that are separated from their kids," Mr Rowell said.

"Mental health experts often report that occasions like Father's Day place additional stress on people who may already be experiencing mental anguish.

"That's why it is so important for those Dads who might be experiencing depression as a result of family breakdown or being estranged from their kids to remember that there is always support available to help them through tough times."

Mr Rowell drew attention to a number of the 24 hour mental health support services that are available for those suffering depression, including:

- Calling the state's Mental Health Line on **1800 011 511,** for support and referral to appropriate mental health services,
- Calling Lifeline on **131 114**, or;
- Calling Mensline on **1300 78 99 78** for specialised counselling focussed on men, particularly those dealing with relationship breakdown.

Mr Rowell also urged those who may know a Dad in distress to reach out and offer your support on Father's Day.

"If there is a Dad you know who may be experiencing a tough time this Father's Day, why don't you give them a call and check that they are doing OK," Mr Rowell said.

"It's a simple act that may make all the difference by reminding someone that you care."