



# Inquiry into men's suicide rates

## Answer to question taken on notice

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Asked by: Ms Caitlin Tough MLA

Addressed to: Minister for Mental Health

In relation to: Perinatal support for fathers

Hearing: 28 November 2025

Uncorrected Proof Transcript pp 54-55

Transcript provided: 3 December 2025

Answer Due: 10 December 2025

Ms Dannielle Nagle took on notice the following question(s):

**Ms Tough:** Thank you. I wanted to touch on perinatal mental health. I know we do a lot in the perinatal mental health space and disclosed before I have, you know, benefited from a lot of the services that have been funded in that space, particularly the perinatal mental—the Perinatal Wellbeing Centre. But we heard some evidence on the first day of hearings about the experience of perinatal mental health for fathers, especially in those first couple of years with the huge life transitions that come from becoming a father. I was wondering what support services there are for new dads, dads of any age, but particularly in that peri-natal phase for dads and partners?

**Ms Nagle:** Thank you. It was actually one of the topics of discussion at the summit that we talked about, in regard to what can be done. And I think that there was broad recognition that that is a time where more can be done.

In health and community services directorate and mental health we do not fund anything specifically for fathers. The peri-natal wellbeing centre does do work with the families though. And we fund them to do that work with families. But I do know that as part of community services that there is work that is done—you know, there is parent programs and there is family programs.

So I can take to the question on notice in regard to what is actually done for fathers and parenting.

**MS RACHEL-STEPHEN SMITH MLA:** The answer to the Member's question is as follows:

Fathers can find mental health support through services funded by the ACT Government like the Perinatal Wellbeing Centre. These resources offer a range of options, from telephone helplines and face-to-face support groups to in-person community meetups. National resources such as PANDA and Mensline are also available for additional mental health support. A more comprehensive list of ACT-based and community and national services is below.

### ACT-based services

- [Perinatal Wellbeing Centre](#): Provides telephone, email and face-to-face support for new and expectant parents, including specific support for fathers from conception until the youngest child turns two. For example, they provide antenatal support to dads and partners through Antenatal Wellbeing Workshops at Centenary Hospital for Women and Children and Calvary John James Hospital, co-delivered by a male counsellor. In addition, they provide a quarterly Partners Information Evening which is also co-delivered by a male counsellor. These are aimed at partners of our female clients but also help partners in recognising their own need for assistance.

Phone: (02) 6288 1936 (Monday - Friday, 9 am - 3:30 pm)

### Community and national support

- [PANDA \(Perinatal Anxiety & Depression Australia\)](#): Provides information and a national helpline for parents experiencing perinatal anxiety and depression, including [How is Dad going?](#)

National Helpline: 1300 726 306

- [Mensline Australia](#): Offers a national telephone and online counselling service for men.

Phone: 1300 789 978

- [SMS4dads](#): A service that provides support via text message to help new fathers.

- [Tresillian Queen Elizabeth II Family Centre](#): Offers a residential service for families with children up to three years old who need help with issues like feeding, settling, and postnatal anxiety and depression.

Helpline: 1300 272 736 (7 days, 7 am - 11 pm)

- [DadSpace](#): A national website dedicated to supporting fathers across Australia. It provides information, strategies, tips, and resources to help dads who are expecting or have a new baby care for their mental health and wellbeing.

Approved for circulation to the Standing Committee on Social Policy

Signature:



By the Minister for Mental Health, Rachel Stephen-Smith MLA

Date:

11/12/25