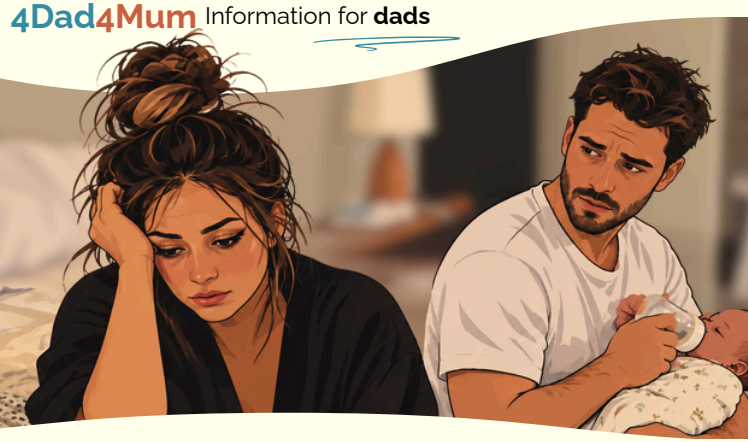
4Dad4Mum Information for **dads**



Tips and **info** *for dads when mum* is distressed.

Made with dads who have been there, and experts that help mums feel better every day.



Advice sent straight to your phone, *just when you need it.*

- Understand what she is going through, and what you can do to help.
- Receive messages twice a week for 14 weeks.
- It's private, free, and available to every dad in Australia.
- Over 4,000 dads have already signed up to **4Dad4Mum**.

Here's what dads have said about **4Dad4Mum**.

"The messages are greatly appreciated. Makes me feel supported and more aware of what my partner might need."

"Clarity on what we're going through, reassurance that it's normal, and strategies to help us get through it."

"It explained to me what she was going through."

"Helped give some suggestions and ideas to help support my partner after a tough birth experience."

SMS4dads

SMS4 DEADLY DADS

Scan the QR code or visit **SMS4dads.com.au** to receive the **4Dad4Mum** messages today!

UNIVERSITY OF NEWCASTLE
Australian Government Department of Health

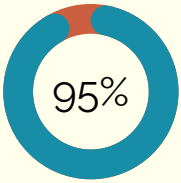
4Dad4Mum Information for **professionals**

We know that **many mothers** struggle with mental health issues before and after birth.

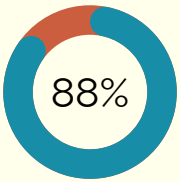
That means **many fathers** are in a difficult situation. They know they should be supportive, but they may not know what's going on, who to call or how to help.

To fill this gap, SMS4dads partnered with PANDA to develop support messages linked to online resources for fathers when mothers are distressed.

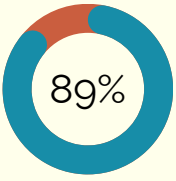
More than **4,000** fathers have signed up to receive these messages.



Said the messages helped them understand what their partner was going through.



Said they gave them ideas on how to help her manage her feelings.



Said it helped their relationship with their baby.

Scan the QR code or go to **SMS4dads.com.au** to order free resources.

SMS4dads

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