



Dads Helpline (Dads in Distress)

Phone

1300 853 437

Website

<http://www.dadsindistress.asn.au/service-faqs/helpline>

Service Area

Statewide

Hours

Mon to Fri 9am - 5pm

Service Description

Provides support over the phone for dads who are feeling stressed or anxious about issues around separation. Calls are taken by experienced DIDSS volunteers from around Australia - it is more than likely you will speak to a male who has personally experienced separation and who can help you navigate through your complex emotions and make better choices to get to a better place. If you prefer to talk with a professional counsellor over the phone, you can call Mensline on 1300 789 978.

Service Type

INDIVIDUAL

Service provider

Dads in Distress

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2016-02-01 00:12:57

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