A call to arms for fathers

20th April 2015 – With ANZAC day fast approaching, headspace Bathurst is proud to be part of a new national campaign aimed at assisting fathers to support their sons through mental health challenges.

The campaign focuses on encouraging mental health conversations between fathers and their sons, who may not know how to start it.

headspace CEO Chris Tanti said a lot of things go unsaid between young men and their dads, especially when it comes to mental health.

“In past generations men were sometimes reluctant to open up about mental health issues,” he said.

“Fathers can play a vital role in identifying the early signs of mental illness and helping their sons get the support they need, but many men are unsure how to start the conversation or what services are available.”

“Studies have shown that only 13 per cent of young men with mental health issues seek out professional help. It’s time that we changed this.”

headspace Bathurst Operations Manager, Peter Rohr, said that headspace Bathurst was looking forward to providing support to fathers and their sons.

“At headspace Bathurst, we offer a range of support services for fathers trying to start a conversation about mental health. We also have information on how to identify early signs of mental illness in adolescents. We want to encourage parents to start talking about mental health with their kids, how important it is, and the services and resources available to them if they need to speak to someone.”

headspace Bathurst provides face-to-face online and telephone information and support to young people and their family and friends.

eheadspace will be hosting a group online chat on Thursday 5th May about mental health triggers, the warning signs and how to start a conversation with your child. For more information, click on this website: https://eheadspace.org.au/get-help/eheadspace-live-info-session/.

The headspace website also provides fathers with tips and tricks about how to approach important conversations with their sons and how to be proactive in supporting their sons’ mental health.

If you are having a tough time, visit your local headspace centre, contact headspace on 1800 650 890 or visit www.eheadspace.org.au. If you are having a tough time, contact headspace Bathurst on (02) 6338 1100.

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headspace media contact:
Anna Arrow
Media Manager - Marathon Health
6333 2800
0419 470 466
About headspace

The primary focus of headspace is the mental health and wellbeing of young Australians. headspace helps 12 – 25 year olds going through a tough time through a national network of 80 headspace centres (soon to be 100) and online and telephone counselling service eheadspace. headspace can help young people with general health, mental health, education and employment and alcohol and other drug services. headspace was established and funded by the Commonwealth Government of Australia in 2006. Visit headspace.org.au to find a headspace centre or access help.