



Don't be  
shame...

...depression can happen to dads too.



Queensland Centre for  
Perinatal and Infant  
Mental Health

**Where to get help:**

Your local doctor (GP) or Indigenous Health Service

Lifeline 13 11 14

Mensline Australia (24 hours) 1300 789 978

Parent Line (24 hours) 1300 301 300



  
**Queensland  
Government**

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