

HOW IS
DAD
GOING?

papi **pāpā**
otosan **vati** **باب** **Cha** **ਪਤਿਤਾ**
pappie *abba* *Otec* *Tad* *vader*
padre **babbo** *아빠*
tata **dad** *otosan*
tevas *otac* *Aabaha* **爸**
ਮੀ **ਮੁੱਠਾ** *tatay* **താതാ** *父さん*
opa **baba** **tad**
Papa *tevas* *isa* *μπαμπάς*
maman-mamun

PANDA National Helpline
1300 726 306
howisdadgoing.org.au



PANDA
Perinatal Anxiety &
Depression Australia

Dad

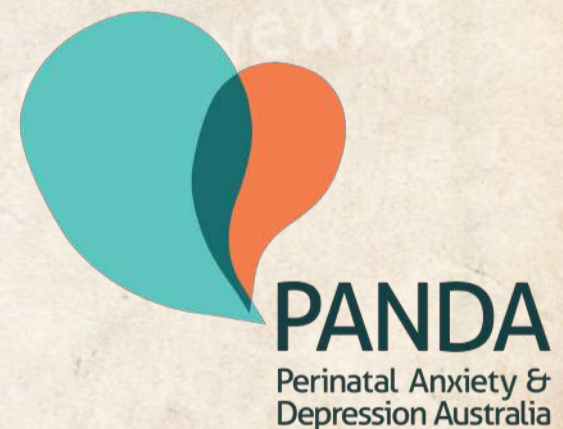
The transition to parenthood brings many unexpected challenges

Dads need our support too

1 IN 10
DADS EXPERIENCE POSTNATAL DEPRESSION

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IT'S NOT ALL BLACK AND WHITE

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"I started worrying the day I found out I was going to be a Dad. Did we have enough money? Was the house ready? Would I be the same sort of Dad as my own father? Worry became stress and stress turned to distress. I felt ashamed, after all, it wasn't meant to be about me."