**A call to arms for fathers**

Tuesday, 31 May 2016

**headspace** Taringa is proud to be part of a new national campaign aimed at assisting fathers to support their sons through mental health challenges.

The campaign focus is to help open up the mental health conversation between those 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** Taringa Centre Manager Jamie Thompson said that their headspace centre was looking forward to providing support to fathers and their sons.

[insert quotes Add Quotes from centre management about services on offer]

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

**headspace** Taringa is available for fathers looking to obtain help with mental health issues their sons may be experiencing.

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](http://www.eheadspace.org.au).

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