



**SMS4dadsSA**

**ENROL NOW!**

“A dad’s bond with his baby is vitally important for the development of the child’s brain and emotional wellbeing.”

SA MENTAL HEALTH COMMISSIONER CHRIS BURNS

**SMS4dads  
is a free SMS  
support service  
for expectant  
dads living in  
South Australia**

**IT HELPS DADS TO:**

- Form a strong attachment to their child
- Support their partner
- Look after themselves

**SIGN UP FROM 20 WEEKS**

**[www.sms4dadssa.com.au](http://www.sms4dadssa.com.au)**



## SMS4dadsSA

“Dads told us how keen they were to do a great job. But they also said there’s not as much information just for them”.

So the SA Mental Health Commission has teamed up with the University of Newcastle to bring the SMS4dads pilot project to South Australia.

92% of dads in NSW who participated in the research said SMS4dads helped them in becoming a new dad.

## How does it work?

Dads receive a series of regular text messages with tips and information which relate to their child before birth and continue until the baby is six months old.

Dads also receive links to online resources and every three weeks, a mood checker is used to see how they’re travelling.

## Who can enrol?

First-time dads, or expectant dads who already have children – as long as you’re over 18, have a smart phone and can read English texts.



Government of South Australia  
SA Mental Health Commission



phn  
ADELAIDE  
An Australian Government Initiative



For more information, go to:  
**[www.sms4dadssa.com.au](http://www.sms4dadssa.com.au)**

*SA: a great state of mind.*