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Raphael Services innovative support for new dads recognised at WA Mental Health Awards

St John of God Health Care's Raphael Services has been honoured at the 2025 WA Mental Health Awards, for its innovative program helping new and expecting fathers navigate the emotional challenges of parenthood.

The awards were presented on World Mental Health Day, Friday 10 October, celebrating organisations leading the way in improving the lives of people with lived experiences of mental health challenges.

St John of God Raphael Services introduced its free and personalised mental wellbeing support for new and expecting fathers following feedback from fathers, families and clinicians. The multi-faceted initiative includes specialist counselling, group therapy options and psychiatric support, and aims to provide early-intervention care for dads facing the emotional challenges of parenthood.

St John of God Social Outreach Chief Executive Officer Susan Cantwell said they were delighted the life-changing program for new dads had been recognised at this year's awards.

"St John of God Raphael Services has meaningfully changed hundreds of fathers' lives and addresses a previously unmet need in perinatal mental health care. It is one of the only community-based providers to offer a structured therapeutic program tailored to fathers in the perinatal period from conception through to their child's fourth birthday," Ms Cantwell said.

"Early fatherhood can involve intense emotional, relational and identity shifts impacting mental health. Our program puts fathers at the centre of perinatal mental health care alongside mothers to provide early, evidence-based support and tools to better understand their symptoms, address perinatal depression and anxiety and other mental health conditions, and strengthen relationships.

"The service's flexible access through in-person or telehealth sessions means support can be provided to everyone, including dads in rural and remote locations.

"We are incredibly proud that our program has been recognised by the Western Australian Association for Mental Health as the peak body for mental health in WA, and we hope that this encourages even more fathers to access our exceptional care services," she said.

The service is accessible at no cost through a referral and mental health care plan from a GP.

St John of God Raphael Services offers free and vital early-intervention counselling, therapy and support for new mothers and fathers to enable families to thrive. Find out more about Raphael Services [here](#).

ENDS

Media Release



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About St John of God Health Care

St John of God Health Care is one of the largest Catholic providers of health care services in Australia. Established in Western Australia in 1895, we are not-for-profit private health care group and a ministry of the Catholic Church.

We employ 16,500 staff across Australia and New Zealand operate 25 facilities comprising more than 3,300 beds in Australia and New Zealand, as well as home nursing, disability services and social outreach programs.