I am concerned about the status of men's health, in particular my own.
I am involved with a men's group called Dads In Distress.
I have been involved with them for over two years now.
I truly believe that if had not attended the DIDs meetings I would be in difficulty in a number of areas.
Over the course of my marriage I have had to deal with depression and anger management. I feel that the anger has come from frustration of trying to make the marriage work with resistance.
When I came to the concussion that my marriage was finally over, I did not deal with it well.
I did however seek help via Beyond Blue, who put me onto DIDs.
I walked into that meeting not knowing what to expect, I feel apart emotionally in front of 10 men I had never meet before, I felt that if did not let it out I would be in big trouble or in jail. I walked away from that meeting in a much better condition, with some focus and direction.

Since that night, I have become more involved with this group in a number of ways, but most importantly I feel that I have been able to make a difference to a number of people in a number of ways.

I co-coordinate a group, last Monday night a gentleman that had been attending for just 2 weeks come into the meeting very depressed. By the end of that meeting with my direction, and help from the other attendees, this gentleman left the meeting saying, with a smile on his face, "I understand now".

I feel that I have directory contributed to saving the lives of at least four people. One of these four was a female that came to our group one night. Yes, we are not gender bias, I have even helped a gentleman that was trying to stay with his wife and children, He just didn't know how to deal with his life.

I don't see DIDs as dealing with the Family Law Court, I see DIDs as saving a life. The death of one man, good or bad, will have an affect on others that has the potential to create depression in others related to the individual.

Men's health is an important part of recovery for thous who suffer from depression & family break ups.

Men across this country will suffer if funding is lost to DIDs.

Please do not allow this to happen.

Mr. Phillip Pettet