

Resource for fathers experiencing post-separation stress and difficulty in the UK: Families Need Fathers

July 9, 2021 | 58 upvotes | by [Oncefa2](#)

[Families Need Fathers](#) is a leading "UK charity supporting dads, mums and grandparents to have personal contact and meaningful relationships with their children following parental separation".

They offer a range of support services for men going through separations and divorces, including a national helpline: 0300 0330 363 (9am – 10pm Monday to Friday, 10am – 3pm at weekends).

Here is a link to their get help page which includes resources offered by them, as well as related resources that might be useful for separated fathers:

<https://fnf.org.uk/get-help-menu/get-help>

<https://fnf.org.uk/help-and-support-2/emotional-support>

They also accept donations and have membership options if you're interested.

Archived from [theredarchive.com](https://www.theredarchive.com)

Comments

Oncefa2[S] • 7 points • 9 July, 2021 11:50 AM

In Canada there is men and families, and in Ireland there's men's aid Ireland.

<https://menandfamilies.org/>

<https://www.mensaid.ie/>

In the US, the closest thing I can think of is the National Coalition for Men, and the National Parent's Organization. But they're both more on the legislative side than they are on the assistance side of things (although Harry Crouch with the NCFM has taken on personal cases before).

<https://ncfm.org>

<https://www.sharedparenting.org/>

Here are two discords also:

<https://discord.gg/vu2nCKK>

<https://discord.gg/SruThNc8Tn>

I hope this helps someone. Feel free to share.

ManofGod1000 • 2 points • 9 July, 2021 10:37 PM

These will not help me, since my daughter is already a married adult but, thank you for those who do need it. :)

Rowley-Birkinqc • 2 points • 10 July, 2021 01:58 PM

Try <https://andysmanclub.co.uk>. Not specifically for family issues but brilliant for men who need some support.