

# New dad?

## You're not alone...

Becoming a dad can be a time of great happiness but it is not unusual to experience stress, anxiety, low mood, depression or other difficulties.

### How are **you** feeling?

You may feel like you need to be the 'rock' for your partner to lean on, particularly if they are struggling in one way or another.

Dads can struggle too. Supporting your partner is important but your own experiences and feelings as a new father matter, and you may need support as well.

You might worry what others think of you as a new dad, or you may feel your problems are not important enough.

If you're struggling, you are not alone. It is important to reach out and seek support if and when you can.

### Health visitors are here for you too

Health visitors are not just there to support mum and baby. They are there to support you too.

Let them know how you're feeling as they will have lots of information about local services to support you.



Follow the QR code to hear from a health visitor and how they can help you.

If you're not sure who your health visitor is or how to get in touch, ask your GP.



### Other dads can struggle too

“ I didn't realise that men could also get Postnatal Depression until my health visitor told me. ”

Follow the QR codes below to hear from some other dads - you really are not alone!



Parent film - Kieran



Parent film - Ash

Unable to access via QR codes? Visit: <https://adobe.ly/3gmcSzn>

### There is support out there for dads!

Find ways to seek support and connect with other parents.

Groups for dads can be harder to find but they do exist - both off and online. There are also various expert sources of online support for dads.

Scan the barcode below to access our online version and find support.



## YOUR LOCAL SUPPORT SERVICES

