

# Dad Zone- 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 and school nursing service 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 when they are in your home or at school, as they will have lots of information about how they can support you too and local services to support you.

If you are in a new relationship and so a new dad to a family for the first time- you may feel you need some support and advice too.

To ask for support please ring SPOC.....  
and leave your name and the name of the child

There is support out there for dads!

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-

CAN BELOW USE A QR CODE?

The fatherhood institute

<http://www.fatherhoodinstitute.org/>

Men's Health Forum <https://www.menshealthforum.org.uk/>

DadsPad- get local link

Dads Matter UK <https://www.dadsmatteruk.org/>

ManKind Initiative: Domestic abuse support for male victims

Helpline number: 0182 333 4244 Helpline hours: 10am-4pm

Mon-Fri [www.mankind.org.uk](http://www.mankind.org.uk)

Local Mental Health support service-

<https://iapt.rdash.nhs.uk/about-north-lincs-iapt/self-referral-form/>

<https://www.babybuddyapp.co.uk/>

## YOUR CURRENT LOCAL 0-19 YEARS SUPPORT SERVICES

Parent e- clinic (with links)

Facebook pages- to see any new initiatives especially about fatherhood

Website -