

## WHY ? DADS MATTER UK



*The aim is to raise awareness amongst dads and to encourage open discussion and disclosure of anxiety, depression and post-traumatic stress.*

*We want to highlight that for every mum going through postnatal depression there is a dad going through the same traumas. Health professionals need to support families as a whole, dads included.*

*We aim to educate everyone on the impact of perinatal mental health and make sure that everyone remembers that "Dads Matter" too!*



Parental behaviours and attitudes impact upon the development of the child yet so little information and support is provided to Mums and Dads on Mental Health issues and the risks that should be of concern to them.

A study by the National Child Birth Trust (NCT) found many dads are worried:

- 1 in 3 new dads (38%) are worried or concerned about their own mental health
- 3 in 4 dads (73%) are worried or concerned about their partner's mental health.

**Whilst GP's are supposed to use "talking therapies" as the first line of response there is little or no access to Improving Access to Psychological Therapy (IAPT) Services who have the capacity to treat less than 15% of those referred.**

London School of Economics Report "The Scale of the Problem"

**97% of mums fail to receive the treatment necessary to make a full recovery from postnatal depression which condemns them, their children, partners and families to a future of anxiety and fear and for the vast majority of dads there are little to no services and this costs the economy in excess of £5bn per year.**

### "A GATEWAY TO SERVICES AND SUPPORT"

There are a plethora of "local groups" and "social media sites" but it is not always clear as to whether they have supervision and safeguarding policies in place or have trained their volunteers and staff.

**Utilising the Dads Matter team's experiences, skills and knowledge the concept is to:**

- **Launch the campaign – Why? Dads Matter UK**
- Create and establish a social media network that encourages dads to have an open discussion and disclosure of the risks and issues associated with parental mental illness, signposting those in need to appropriate support.
- Create an online "Gateway" to resources for the general public, corporate enterprise and Perinatal Mental Health Champions, highlighting those services that meet core standards and best practice
- Establish a network of supervised and supported *Mental Health First Aiders* for Dads
- Hold a series of regional and national events aimed at Corporate Enterprise and Social Care professionals showcasing the business case and benefits of encouraging open discussion and disclosure with the signposting for those in need to appropriate support, highlighting best practice.

***By creating a forum and establishing an integrated network of Workplace and Community Perinatal Mental Health Champions, the aim is to ensure everyone has access to the information and support they need.***