



Hammersmith,
Fulham, Ealing
and Hounslow



West London
NHS Trust



Mental Health and Wellbeing Support for Fathers

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Local and national services you can access, virtual and in person and resources that may help

You are not alone.

“ I’m really struggling with bonding with my baby. It comes really easy to my wife and I need help.”

“ We have just had twins and have a three year old too. I am finding the hardest thing is sleep, it never stops, the next child always needs the next thing. Work are being amazing but I am constantly tired.”

“ My husband has been struggling recently, and I think he isn't telling me everything with our previous miscarriage and his feelings.”

“Thank you for taking the time to talk to me, some of the staff don't even say hello haha.”

“ I have a lot of stress and anxiety with my little boy being in hospital for 5 weeks now, and I am really pleased there are people out their who want to support me.”



Looking After Baby

Baby Brain Development:

“The brain uses about 25% of the energy an adult takes in, but babies' brains use 50% of their energy intake.”

Dr Danielle Matthews,
Professor of Psychology

<https://www.bbc.co.uk/tiny-happy-people/articles/zkgw8xs>

Crying:

“On average, babies cry for around 2-3 hours per day in their first few months.

It's important to know that it's ok and it's normal if your baby cries a lot.”

BBC Tiny Happy People

<https://www.bbc.co.uk/tiny-happy-people/articles/zmwg9vwx>

Sleep:

“It's normal for tiny babies to wake regularly during the night. Their clenched fist is the size of their tummy so they need to feed little and often. Their sleep patterns will mature.”

**Maggie Fisher, Sleep Specialist
Health Visitor**

<https://www.bbc.co.uk/tiny-happy-people/articles/z632kty>

Feeding Baby:

“Chatting to mum while she feeds and helping with winding your baby are easy ways to get involved.”

BBC Tiny Happy People

<https://www.bbc.co.uk/tiny-happy-people/articles/zvmm7nh>

Bonding with Baby:

“Your baby thrives on eye contact, being held close, seeing faces and hearing voices,”

**Inge Nickell, Brazelton Centre
UK**

<https://www.bbc.co.uk/tiny-happy-people/articles/zp3bf82>

The Biology of Fathers:

“Mum and dad are as biologically primed to parent as each other,”

**Dr Anna Machin, author of The
Life of Dad: The Making of the
Modern Father.**

<https://www.bbc.co.uk/tiny-happy-people/articles/zvnhjag>

**BBC Tiny Happy
People**

[bbc.co.uk/tinyhappypeople](https://www.bbc.co.uk/tinyhappypeople)



What do professionals think?

“ Partners don't always feel included or able to ask for support, as it can feel like the birthing parent is the one who should be receiving support.

“ A lot of partners can feel invisible and we want to acknowledge and highlight them in the system and the family.

“ Becoming a new father, especially when your partner is unwell, can be an extremely stressful period of transition.

“ Dads may have emotional challenges at different times from mothers so we want to reassure them that they can come back for support at any time.



SIGNPOSTING



HFEH Mind Services

Perinatal Partner's Service

HFEH Mind has partnered with the West London NHS Perinatal Mental Health Team to offer wellbeing support and advice to partners of women under their care.

Safe Space

A local hub run by staffroom HFEH Mind, for anyone who feels they are nearing crisis point, including carers. Open from 3-7pm 7 days a week.

Supported Self-Help

The Supported Self-Help Programme is a 6-session programme that aims to give you the skills to understand, protect and improve your mental health.

Wellbeing West London

An online directory in partnership with West London Trust listing all services that support wellbeing.

Compass

Advice service supporting Adults 18+ to navigate social issues (housing, benefits & debt) in H&F and Hounslow.

Advocacy

Providing Independent Mental Health Advocates in Ealing, and Community Advocacy support for care and treatment.

Ealing Advice Service

A generalist advice service for residents in Ealing.

Other Services

Dad Matters

Online workshops and informative videos to help dads have successful relationships with their families, and to support them with their own stresses.

Dad Pad

Developed with the NHS, Dad Pad provides important information for dads about what to expect and how to care for their baby. Download their app or visit their website.

Music, Football, Fatherhood.

A resource and a space where dads can be free to talk, listen and read about things that are important; like work-life balance, mental health, raising healthy children, money management, relationships and of course music and football.

Home-Start

Expert staff and trained volunteers who work alongside families and give non-judgmental and confidential support.

The Fatherhood Institute

The Fatherhood Institute values, prepares, and supports men as involved fathers and caregivers by providing key information for dads.

PANDAS Foundation

Postnatal depression support for parents, via a helpline, email, social media, WhatsApp and support groups in person and online.

Best Beginnings

A parenting charity that informs and empowers parents and other care-givers of all backgrounds to build the knowledge and confidence they need to look after themselves and to provide nurturing care for their children.

The Lullaby Trust

The Lullaby Trust raises awareness of sudden infant death syndrome (SIDS), provides expert advice on safer sleep for babies and offers emotional support for bereaved families

Talking Therapies

Offers talking therapies to help with common problems like stress, anxiety, and depression.

Perinatal Partner's Service

The next steps:

If you think we can offer you any support, even if it's just a chat, we can get in touch with you within three working days.

Please ask the mother's perinatal professional to refer you to us OR contact our support worker directly via:

Phone: 07355679450 (please leave a message)

Email: helena.stewart@hfehmind.org.uk



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