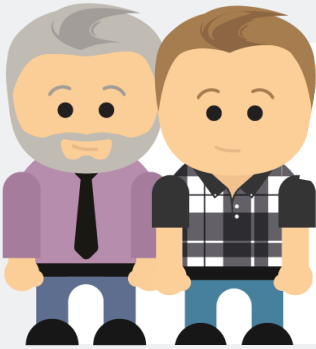


Mental Health & Wellbeing Support for Dads - 5 Top Tips!



Talk to your 'Dad friends'...

Mark Williams, founder of **International Father's Mental Health Day**, explains that Fathers, as well as mothers, can experience mental illness. It's important that you talk about feelings - open up and reach out, you will be surprised how positively people respond! Creating a connection ensures you won't feel alone, whether that's connecting with those in your peer group or arranging regular chats with those who can relate to similar highs and lows. Give it a go!

Arrange Meet Ups...

Whether your children are at school, are students or even young adults - **arrange meet ups** with other parents. You could seek out a community of Dads who live near by or even create your own. Meet outdoors - we all know how much the fresh air can have a positive impact on our physical and mental wellbeing! If you sense that you are struggling, are in a state of low mood, or have feelings of anxiety - don't suffer in silence and remember that you are never alone - start exploring networks to share how you are feeling, it really does help!



Talk with your Partner...

For all new Dads - what a life-changing journey you're embarking on! Remember, it's normal for relationships with others to become very intense - there is shift in routine, everyday life and things do change. Your relationship with your partner matters - make sure you make some time for each other, when you can. Ask a friend or family member to babysit if possible, even if it's just for an hour. Keep talking and listening, being open and honest - this kind of communication can really help to get through both challenging and memorable times - talk it out!

Flying the nest...

It's inevitable, one day children will leave home! This can have a profound effect on anxiety, feelings of loss and even an overwhelming sense of loneliness. Plan time in to regularly check-in with your children. Whether they're heading off to University, moving into their first home or going travelling around the world - it can take a while to adapt, so be kind to yourself! Finally - be mindful that they are also learning, growing and adapting. **It is another transition, embrace it and you may even feel a new sense of freedom!**



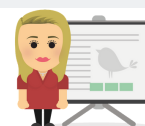
Research...

If you are unable to reach out to family or close friends, **browse the web for useful resources** that can help to support you during any challenging times. Mark Williams - former PTSD sufferer and Founder of Fathers Reaching Out, shares his story after experiencing a mental breakdown, following the birth of his son. Our Wellbeing Manager, Kerry, recommends his book 'Daddy Blues' as one that provides an abundance of useful and versatile tips. Remember, you can also read blogs, guides and share your stories to support other men on their journey of being a Father.

Sources: mentalhealth.org.uk / samaritans.org.uk / menshealthforum.org.uk / theguardian.com / www.walkingforhealth.org.uk / bhf.org.uk

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