



The  
Dads Place

@ Empowerment Charity

# Dads Peer Support Group

The Dads Place will help Dads to be, or Dads with children aged 0-2. It will offer a safe space for Dads to come together and provide peer support to each other

The aim of the group is to:

- Share experiences of being a dad
- Provide a voice to Dads
- Give Dads opportunities to develop social connections
- Help Dads build relationships with their children
- Encourage Dads to access any additional support they may need
- Enable Dads to seek advice on being a dad

## Did you know?

Paternal depression can set in before or after birth and that 1 in 10 dads experience it.

Contact John for more info:

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[www.empowermentcharity.org.uk](http://www.empowermentcharity.org.uk)

Commissioned by:



# Hi, I'm John



I am privileged to take on the new Dads Peer Support Facilitator role here at Empowerment. The project is being co-produced by men who have experience of being a dad.

I myself am a dad and a lone parent of a 14 year old boy and have 2 daughters from a previous relationship.

Men can experience mental health issues such as anxiety and depression in the early years following birth, and could end up suffering in silence with no one to talk to.

When I first learnt I was going to be a Dad I was excited and terrified at the same time.

I had no idea what being a Dad involved and was too proud to ask for any help.

My mental health got worse over time and I was in desperate need of someone to talk to, but did not know who to turn to or where to go.

Things did get better for me following the birth of my child but I still could of done with somewhere to go, or someone to give me advice.

This is why I am now so passionate about being able to deliver these peer support groups as I don't want anyone else to struggle the way I did. I believe in the power of peer support.

## If you need help now:

NHS Wellbeing and Mental Health  
Helpline-0800 915 4640  
Mon-Fri 7pm - 11pm Sat -Sun 12pm  
til Midnight  
Family Lives Parent Helpline - 0808  
800 2222

Samaritans - 116 123  
Calm - 0800 585858  
Text SHOUT to 85258  
Papyrus (U35s) - 0800068 4141

