

# Understanding Paternal Mental Health

## Fathers Network Scotland



### At A Glance

- Fathers Network Scotland (FNS) is a national charity that exists to improve children's lives and outcomes through the positive involvement of dads, father-figures & whole families.
- Over the last four years FNS have worked in partnership with the NHSGGC Perinatal and Infant Mental Health Network to increase awareness and develop understanding of paternal mental health through training delivery.

### Can you tell us what practice changes you identified?

*To be more aware of the fathers view and potential need for support to, and be able to direct to suitable services.*

*Attitude, wording, publicity for males.*

*When referrals comes through and it is mum I will ask and offer invite to Dad to.*

### Background

Statistics show that 1 in 10 men are affected by mental health problems during pregnancy and the first year after birth. Research reports that if the mental health of any parent is ignored then it can affect how they're able to bond and care for their child, which can in turn impact their child's intellectual, emotional, social and psychological development. Understanding Paternal Mental Health is a training course that aims to help practitioners recognise and respond to dads struggling with poor mental health.

### Method

FNS delivered their half day Understanding Paternal Mental Health Training to 10 staff from Clinical Services and Third Sector Organisations on 17th September 2024. Participants were asked to complete an evaluation.

### Outcomes

#### Benefit One

All 10 participants partners reported an improvement in their awareness in the following:

- The supportive role dads play in positive outcomes for children.
- Paternal Mental Health during the perinatal period.
- The impact poor Paternal Mental Health can have on mums, babies and the family unit.

#### Benefit Two

All 10 participants reported feeling more confident asking about dads Mental Health.

#### Benefit Three

8 participants reported having a greater understanding of some of the warning signs and symptoms associated poor Paternal Mental Health.