

MEN'S MINDS / FATHERHOOD & MENTAL HEALTH

Becoming a Dad Can Affect Your Mental Health Too

Becoming a father can bring love and excitement, but also major change, responsibility and uncertainty. Fathers and partners can experience anxiety or depression during pregnancy and after a baby arrives. Struggling does not mean you love your family any less.

You might notice

Anxiety or feeling constantly on edge	Irritability or frustration
Disconnection from your partner or baby	Withdrawing from other people
Sleep changes beyond the baby's routine	Feeling overwhelmed by responsibility

Where to go for help

Space to Breathe Therapy

If something here feels familiar and you feel a connection with Space to Breathe Therapy, you are welcome to get in touch to explore support.

07761 272645 | maggie@spacetobreathetherapy.co.uk | [Contact page](#)

GP, health visitor or midwife

Tell them you are a dad or partner and explain how you are feeling. They can help you find appropriate support.

PANDAS Foundation

Offers information and support for dads and non-birthing parents during the perinatal period.

NHS: postnatal depression, including fathers and partners | PANDAS: support for dads

Urgent help: In England, call NHS 111 or use 111 online and select the mental health option. If you or someone else is in immediate danger, call 999 or go to A&E. Outside England, contact your local urgent mental health service.