

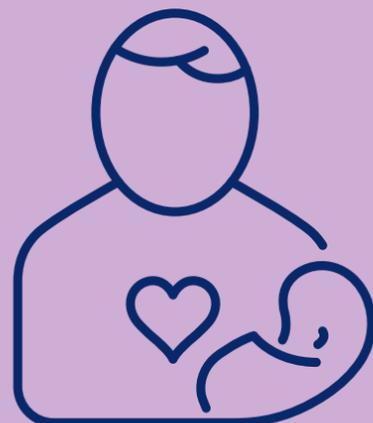
Understanding Paternal Mental Health



Building Capacity across NHS Greater Glasgow and Clyde during COVID-19

The Problem

Statistics show that 1 in 10 men are affected by mental health problems during pregnancy and the first year after birth. Stigma and fear associated with paternal mental health can leave those affected feeling inadequate as a parent, isolated and vulnerable and can impede or delay getting help, treatment and recovery.



The Solution

Fathers Network Scotland (FNS) have been campaigning for a number of years to raise awareness of paternal mental health. This has included the development of their 'Understanding Paternal Mental Health' training which encourages and supports perinatal practitioners to better engage with dads. The NHS Perinatal Mental Health Network are working in partnership with FNS to develop a sustainable capacity building model to help support delivery of the Understanding Paternal Mental Health Training programme across Greater Glasgow and Clyde (GGC).



The Results

7

Trainers completed the Understanding Paternal Mental Health Training for Trainers course in May 2021

11

Understanding Paternal Mental Health Training Sessions have been delivered across NHSGGC

78

Participants from a range of disciplines attended the Understanding Paternal Mental Health training

Next Steps

- Continue to work in partnership with Fathers Network Scotland to build paternal mental health training capacity across GGC
- Understanding Paternal Mental Health Training for Trainers course planned for March 2022
- Understanding Paternal Mental Health Training dates scheduled throughout 2022
- Paternal Mental Health Seminar planned for June 2022

