

Welcome to Perinatal Quality Network Webinar: The Importance of Fathers' Mental Health

**Mark Williams, Keynote Speaker, Author and
International Campaigner**

Hosted by PQN

Housekeeping

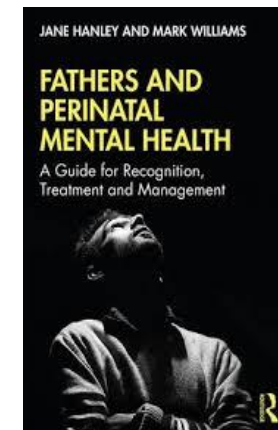
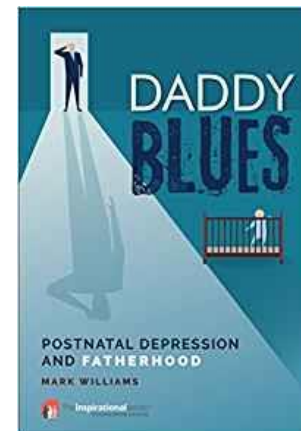
- This session is a live event, therefore your microphone and camera will be turned off.
- The webinar will be recorded and uploaded on the CCQI Webinars webpage.
- Please use the chat function to ask any questions, and you can vote for the ones you want answered the most.
- Use the chat box to let us know if you would like any specific topics covered in future webinars.



Mark Williams

Founder of International Fathers Mental Health Day

- A father
- Author & campaigner
- Public speaker



**What's the biggest killer in
men under 50 in the UK and
the cause of 600,000 deaths to
Males Worldwide
EACH YEAR?**

Everyone should have a basic knowledge of Perinatal Mental Health.

Supporting ALL parents for their mental health has far better outcomes for the whole family and the development of the child.

Early prevention should start at the antenatal period.

Many reports have said that up to 39% of New Fathers wanted support for their mental health.

- Mark Williams



Paternal Mental Health

- Up to 47 times more risk of suicide during the perinatal period than at any other time in a man life. (Quevedo et al. 2010)
- Men have undiagnosed disorders before being a parents.
- Impacts on the partners mental health if dad is not supported and the development of the child.





Research and Facts

- 1 in 10 fathers suffer from postnatal depression
- Postnatal PTSD- witnessing a traumatic birth and Anxiety is higher
- Testosterone lowers during this time
- Lack of sleep, money worries, feeling of guilt, not good enough as a dad, transition to parenthood, feeling of isolation
- Drinking, drugs, avoiding situations, feeling anger and suicidal thoughts.
- Up to 39% of new dads wanted support for their mental health and 1 in 5 felt totally isolated in the first year of fatherhood.

Questions & Answers



Knowledgehub

www.khub.net

Sign-up and access the group for more information:

COVID-19 Mental Health Improvement Network

→ Perinatal Quality Network (PQN)

Thank you for attending!

If you are interested in presenting a webinar for PQN, please email us at perinatal-chat@rcpsych.ac.uk

This webinar will be uploaded to the following webpage shortly:
<https://www.rcpsych.ac.uk/improving-care/ccqi/resources/ccqi-webinars/>