

**P-06-1454: Calling Welsh Government to provide urgent mental health support for new dads – Correspondence from the petitioner to the Committee, 08 January 2025**

Dear Petitions Committee Thank you for your efforts on the petition committee; I truly appreciate your hard work. I would like to share the following:

I want to extend my heartfelt thanks to Huw Irica-Davies for his unwavering support since I began this campaign 15 years ago. I also appreciate Sarah Murphy for her relentless persistence over the years, engaging with various ministers despite the challenges we faced, and Jack Sergent for his contributions as well.

Regarding the campaign and the recent developments, I am thrilled about the new pathways for fathers and partners; this is incredible news, and I am grateful that it is now formally acknowledged. Having been part of the perinatal mental health steering group in the past, I had my doubts about this progress occurring anytime soon, so it's truly encouraging to see this change.

I believe it's essential to see more literature and information available for mental health charities focusing on paternal mental health. It's important that fathers, just like mothers, receive the support they need to ensure they are not overlooked in the future. Raising awareness and providing resources specifically for paternal mental health can help address this gap and promote better overall mental well-being for families.

This need for greater awareness and resources for paternal mental health has become increasingly evident, especially following recent work with Samaritans Cymru last year. Collaborating with them highlighted the importance of ensuring that fathers receive the necessary support, just as mothers have traditionally been supported. It's crucial that mental health charities expand their focus to include literature and resources that address the unique challenges faced by fathers.

I would like to share any recommendations that could be beneficial, along with relevant evidence and research. Additionally, I want to provide insights into pathways surrounding birth trauma.

Thank you so much and consider the petition successful. After spending many years highlighting the importance of paternal mental health with success in other countries, I have often felt overlooked in my own. I am now thrilled to see that Wales is beginning to catch up with the progress made elsewhere.

I am optimistic about the future for families in Wales. Thanks again,

Mark