

**P-05-902 Paternal Mental Health (New Fathers Mental Health),
Correspondence – Petitioner to Committee, 23.09.19**

Thank you for your detailed response.

In to response to your question where the family approach is laudable, the 'consideration' of the father does not appear to implicitly acknowledge that the father's good mental health is equally paramount to the health and wellbeing of the family.

We need a assessment on the new father's mental health and also funding for resources to help the father mental health needs.

The biggest killer in men under 50 is suicide in UK. There are new dad's who are suffering in silence and use alcohol, drugs while feeling anger during the antenatal and postnatal period which has an impact on the mother's and child's mental health.

There are a number of resources and studies collected under the #Howareyoudad where 1 in 10 father's suffer depression and between 25-50 % suffer depression looking after their partners with postnatal depression.

Father's do not get support or even asked about their mental health which I am sure we all want fight for equity in all areas but unfortunately maternity services are still in need to support all parents which must include same gender parents.

When all parents are supported for their mental health far less ACEs in children growing up will certainly happen. We are worried that with a rise in single dad's and stay at home dad's in Wales the impact on the child's development will be effected if dad is not supported for his anxiety depression and traumas during the antenatal and postnatal period.

Looking forward to your response.

Thank you

Mark Williams Keynote Speaker, Author and Consultant and Dr Jane Hanley Author, Trainer-Consultant and Past President of Marce Society.