

Links

Below are some additional links for useful reading:

www.andrewmayers.info/fathers-mental-health.html	Academic psychologist specialising in mental health at Bournemouth university. Resources and information and further reading around mens perinatal mental health.
www.theguardian.com/society/2018/sep/04/fathers-men-get-posnatal-depression-too	2018 article highlighting postnatal depression in men.
https://www.youtube.com/watch?v=ShyrLQPWNb4	Trailer for Dad's documentary film available on apple TV 19th June from Bryce Dallas, tots of famous faces in and interesting insight to fatherhood.