

## National information, support and guidance

| <b>Mental Health</b>   | <b>Practical Advice for Dads</b>   | <b>General</b>   | <b>Family Support</b>  | <b>Apps</b>  |
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| <p><b>111</b> select option 2 for mental health support<br/>For urgent mental support, but it's not an emergency. In an emergency please dial 999.</p> <p><b>Samaritans</b><br/><a href="http://www.samaritans.org">www.samaritans.org</a><br/>Call: 116 123<br/>Email support:<br/><a href="mailto:jo@samaritans.org.uk">jo@samaritans.org.uk</a></p> <p><b>CALM (campaign against living miserably)</b><br/>Webchat:<br/><a href="http://www.thecalmzone.net">www.thecalmzone.net</a><br/>Tel: 0800 58 58 58<br/>Offers support to men around a range of issues including mental health. Support available by telephone and webchat.</p> <p><b>PANDAS Foundation</b></p> | <p><b>NHS Choices –</b><br/>Page providing information for new dad's and partners<br/><a href="http://www.nhs.uk/conditions/pregnancy-and-baby/pages/dad-to-be-pregnant-partner.aspx">www.nhs.uk/conditions/pregnancy-and-baby/pages/dad-to-be-pregnant-partner.aspx</a><br/>NHS Choices also provides a wide range of information surrounding physical and mental wellbeing.</p> <p><b>Bounty</b><br/><a href="http://www.bounty.com">www.bounty.com</a><br/>Lots of practical information from contraception to after birth including baby's growth and development.</p> <p><b>The Expectant Dad's Survival Guide: Everything You Need to Know by Rob Kemp –</b><br/>Book exploring from</p> | <p><b>Citizens Advice</b><br/><a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a><br/>webchat available<br/>Call: 03444 111 444 (not available in all areas)<br/>Local office</p> <p>Informative website offering advice and information in a number of areas including money and legal advice.</p> <p><b>Step Change</b><br/><a href="http://www.stepchange.org">www.stepchange.org</a><br/>Telephone for advice, online debt management tools<br/>Live webchat available</p> <p><b>Money advice service</b><br/><a href="http://www.moneyadviceservice.org.uk">www.moneyadviceservice.org.uk</a><br/>Tel: 0800 138 7777<br/>Webchat available<br/>free and impartial advice around money matters,</p> | <p><b>Children's Centres</b><br/>Found across England, Wales and Northern Ireland. Offering a number of different services, some have a preschool or toddler groups, classes, and activities that you can get involved in.<br/>Children's Centres can also offer support groups and outreach staff.</p> <p>To find out more about your local children's centre you could ask your health visitor<br/>Further information can be found here:<br/><a href="http://www.essex.gov.uk/Education-Schools/Early-Years-Childcare/Pages/List-of-childrens-centres.aspx">www.essex.gov.uk/Education-Schools/Early-Years-Childcare/Pages/List-of-childrens-centres.aspx</a></p> <p><b>Men's Advice Line</b><br/>Support and advice around male domestic abuse<br/><a href="http://www.mensadvice.org">www.mensadvice.org</a><br/>Tel: 0808 8010327<br/><a href="mailto:info@mensadvice.org">info@mensadvice.org</a><br/>Web chat also available</p> | <p><b>General baby related:</b><br/><b>Baby Buddy (free)</b> useful app that provides daily information and advice as your baby grows and develops, also has videos and advice on baby and parenting related topics</p> <p>White noise and nursery rhythm apps can also be a useful tool to have.</p> <p><b>For dads:</b><br/>Who's your daddy (£2.99)<br/>This app was developed by an Australian dad for other dad and provides daily tips and advice around pregnancy with a lighter more tongue in cheek approach. Includes useful tools such as a contraction timer and countdown to due day.</p> <p>Daddy up (free) fun field guide to pregnancy for</p> |

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| <p><a href="http://www.PANDASfoundation.org.uk">www.PANDASfoundation.org.uk</a><br/> Call: 0843 28 98 401<br/> Email support: <a href="mailto:info@pandasfoundation.org.uk">info@pandasfoundation.org.uk</a><br/> PANDAS Facebook dads page- advice &amp; support for dads &amp; carers.</p> <p><b>The Joanne (Joe) Bingley Memorial Foundation</b><br/> <a href="http://www.joebingleymemorialfoundation.org.uk">www.joebingleymemorialfoundation.org.uk</a><br/> Help &amp; info about postnatal depression for women, partner and families.</p> <p><b>Dads Matter</b><br/> <a href="http://www.dadsmatteruk.org">www.dadsmatteruk.org</a><br/> Website providing useful information on perinatal mental health including advice and support for families and fathers.</p> <p><b>National Childbirth Trust (NCT)</b></p> | <p>pregnancy, birth and the first few weeks of babies life and the challenges you may face as a dad.</p> <p><b>Commando Dad: How to be an Elite Dad or Carer. From Birth to Three Years by Neil Sinclair</b> – Book written by ex-army and a father of three</p> <p><b>Baby Centre</b><br/> <a href="http://www.babycentre.co.uk">www.babycentre.co.uk</a><br/> Provides useful information from pregnancy to preschool. With a dads-to-be pages</p> <p><b>Dads Matter UK</b><br/> <a href="http://www.dadsmatteruk.org">www.dadsmatteruk.org</a><br/> Dads matter offer support, information and advice to dads worried about or suffering from Depression, Anxiety and Post-Traumatic Stress Disorder (PTSD).</p> <p><b>The fatherhood institute</b><br/> <a href="http://www.fatherhoodinstitute.org/">www.fatherhoodinstitute.org/</a></p> | <p>including debt, saving, budgeting and mortgages</p> <p><b>Essex libraries</b><br/> Libraries in Essex provide access to a number of different services in addition to 0-5 years singing and reading groups. See the link below find out what's on at your local library:<br/> <a href="http://libraries.essex.gov.uk/library-locations-and-opening-times/">http://libraries.essex.gov.uk/library-locations-and-opening-times/</a></p> |  | <p>dads. Includes step by step weekly updates, customizable checklists and contraction counter.</p> <p><b>Mental Health Apps:</b><br/> Chill Panda (free)<br/> Family friendly app aimed at both children and adults, aims to reduce stress and anxiety. The app monitors heart rate and gives you activities such as breathing techniques, calming games and exercises.</p> <p>COVE (free) uses music instead of words to express how you are feeling. The app allows you to create music to reflect how you are feeling, this can then be stored and shared.</p> <p>Stress and Anxiety Companion (free) helps to manage anxious feelings and identify causes. The app includes exercises, relaxing music and games and uses a CBT approach.</p> |
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| <p><a href="http://www.nct.org.uk/parenting/postnatal-depression-dads">www.nct.org.uk/parenting/postnatal-depression-dads</a><br/>Article exploring postnatal depression in fathers</p> <p><b>Reaching out MPH</b><br/><a href="http://www.reachingoutpmh.co.uk">http://www.reachingoutpmh.co.uk</a><br/>Campaigning for families around perinatal mental health</p> <p><b>Anxiety UK Helpline</b><br/>Tel: 08444 775774<br/>Mon-Fri: 9:30am - 5:30pm</p> <p><b>Daddy Blues: Postnatal Depression and Fatherhood</b><br/>A book written by Mark Williams who has personal experience and campaigns for fathers mental health.</p> <p><b>From dads to dad</b><br/><a href="http://www.fromdadstodads.org.uk">www.fromdadstodads.org.uk</a></p> | <p>The latest information and research on fatherhood, raising awareness on key issues of dads.</p> |  |  | <p>Calm Harm (free) help to manage the urge to self-harm. Covers the four main categories identified as why people may self-harm: distract, comfort, express and release; each with activities in. Progress can be tracked by user.</p> <p>Headspace (free)<br/>Headspace pro (free) An app which focuses around mindfulness and meditation through guided sessions and animations.</p> |
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| <p>Information for dads by dads about pregnancy, birth and becoming a dad.</p> <p>Included information on bonding, attachment and fathers mental health.</p> <p>Dads have also shared their stories on video, how they felt and what helped them.</p> <p><b>Dad Matters UK</b><br/>(different from Dads Mater UK).<br/>Is a service in the Greater Manchester area, however there facebook page with regular live chats provides and honest and insightful take on fatherhood. (search Dad Matters UK)</p> |  |  |  |  |
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