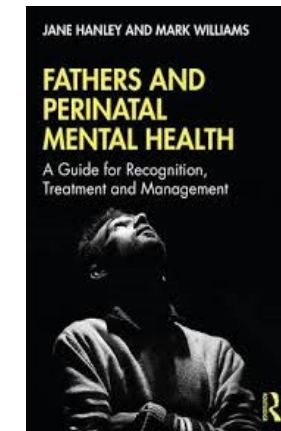
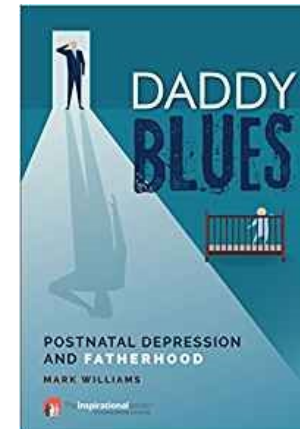


Mark Williams

Founder of International Fathers Mental Health Day

- A father
- Author & campaigner
- Public speaker



My Story





Keynote Speakers



Awareness and Education

Journals



#HowAreYou
Dad





Caring for minds...

Perinatal Mental Health

38% NEW DADS WERE CONCERNED
ABOUT THEIR OWN MENTAL HEALTH -
73% OF THEIR PARTNERS
NCT REPORT 2015





39% OF YOUNG DADS
WANTED SUPPORT FOR THEIR
MENTAL HEALTH - MENTAL
HEALTH FOUNDATION - 2018



62% OF DADS FELT THEIR
MENTAL HEALTH
DIFFICULTIES DID GET IN
THEIR WAY OF FORGING
GOOD CONNECTIONS WITH
THEIR CHILDREN - FATHERS
NETWORK SCOTLAND 2019

Biological Risk Factors

- Low testosterone level
- Low estrogen level
- Low cortisol level
- Low vassopressin/oxytocin level
- Low prolactin level

Impacts on Family

- Increases children's emotional and behavioral problems at later ages
- Disturbs children's development of secure attachment with fathers
- Increases conflicts in marital relationship
- Mothers more vulnerable to depression

Paternal Postpartum Depression

- Prevalence: 1.2 to 25.5%
- Symptoms: Low mood, irritability, and feelings of helplessness
- Comorbidity with anxiety disorder and obsessive compulsive disorder
- High comorbidity with maternal postpartum depression

Ecological Risk Factors

- Change in lifestyles
- Difficulties in developing attachment with infant
- Lack of a good role model and rewards
- Lack of social supports and network
- Changes in marital relationship
- Feeling excluded from mother-infant bonding
- Maternal postpartum depression

Prevention and Intervention

- Professional help for treatment
- Support from partner
- Educational programs for parenting
- Policy for paid paternal leave

Sad Dad – Pilyoung Kim et al – James E Swain



Fathers Reaching Out - Why Dads Matter:

10 years of findings on the importance of fathers' mental health in the perinatal period

Mark Williams – September 2020



PARVINDER SHERGILL

LEWIS AMALUZOR

BENJAMIN T WILLIAMS

DADDY BLUES

A FILM BY PARVINDER SHERGILL



Supporting all new parents for their mental health has far better outcomes for the whole family and the development of the child – Mark Williams



Questions
&
Answers

