



# Supporting Parental Mental Health

Becoming a parent is life changing and often viewed as an exciting, joyous time in someone's life.

For some this is true, for others, it is the complete opposite.

Research shows approximately 1 in 10 fathers can develop Postnatal Depression following the birth of their baby, whilst suicide in the first year after birth for mothers is unfortunately very common. The mental health of parents is crucial in promoting the healthy development of babies, so it is vital that parents receive the support they need. However, not many parents feel comfortable in talking about their mental health challenges for fear of shame and guilt around not being the 'perfect parent', which can lead to barriers in accessing support.

Our Supporting Parental Mental Health Lunch and Learn provides an opportunity for people to increase their knowledge on parental mental health, so they can support parents with a better understanding of the challenges they may be facing and with more confidence. It will also help in the challenge of eradicating stigma associated with poor mental health in parents.

## What do we discuss?

- How becoming a parent can impact mental health
- Why the mental health of parents is important for child development
- Common mental illnesses that can develop during the perinatal period including signs and symptoms
- How to support those around us during pregnancy and after birth
- Specialist perinatal mental health support

## How does the lunch and learn run?

Our Supporting Parental Mental Health lunch and learn takes place over one hour through Zoom or a platform of your choice and includes a presentation, activities and an opportunity for questions.

## How do we book a lunch and learn?

For further information please contact Jodie at Nurture Wellness on: [info@nurturewellness.org.uk](mailto:info@nurturewellness.org.uk)

