

# Conversations with Dads

Are you a dad with a child aged 0-5? Could you please help us with our research to improve the support that fathers receive in the early years of their children's lives?

This is a collaboration between Fathers Network Scotland, partner dads' organisations in Scotland and Maternal Mental Health Scotland to explore dads' experiences of mental health and wellbeing. What we learn will help to guide policy and public health work.



## How you can help

We would like to ask you about your experience of becoming a dad, how you felt or are feeling, and the support you received, if any.

You can talk either to Chris Mieзитis, from Fathers Network Scotland, or if you regularly see a dads' worker, group leader or early years practitioner, you can talk to them directly.

You can talk either within a group or by yourself. You can meet in person or talk via a phone or video call.

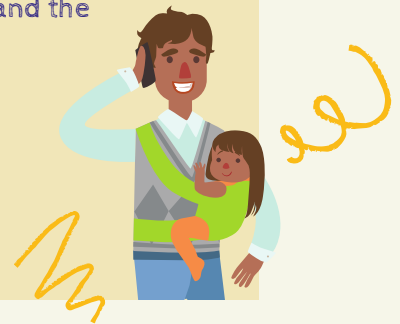


## What we will ask

We will ask you about your expectations of becoming a dad, how you felt and the challenges you have experienced.

We will ask you about how supported you have felt to talk about your mental health and wellbeing.

We will ask you about your experience of the Covid-19 pandemic.



## How we will use your answers

You will remain anonymous unless you give us permission to share your story.

We will record your conversation as an audio file, which will be transcribed into a written document. This will not have your name on it and will not be linked to you.

We will present our findings to the Scottish Government with the help of Clare Thompson. Clare is Participation Officer on the Perinatal and Infant Mental Health Programme Board. She works to include the voices of parents' lived experience in work to improve the support that's available to expectant and new parents.



[www.fathersnetwork.org.uk](http://www.fathersnetwork.org.uk)  
[chris@fathersnetworkscotland.org.uk](mailto:chris@fathersnetworkscotland.org.uk)