



**DADS  
IN MIND**

- Are you a dad living in Bristol or South Glos?
- Is your partner experiencing antenatal/postnatal depression?
- Are you anxious/depressed about your new role as a dad?
- Feeling isolated?

Dads in Mind can offer group or 1:1 support, sessions are informal, non-judgmental and confidential. To access support, please complete a secure referral form via our website [dadsinmind.org](http://dadsinmind.org) or to have an informal conversation please call the support worker on the number below or send a text.

Contact our **DADS In MIND** support worker on:  
**tel. 07925 706343**

 **DADSINMIND**  **@dadsinmind**  
[www.dadsinmind.org](http://www.dadsinmind.org)

Bluebell Care Trust, registered charity no.  
1136818. Ltd company no. 07101628.  
Address: Bluebell Place, 2 Quay Street,  
Bristol, BS1 2JL

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Bristol, North Somerset  
and South Gloucestershire  
Clinical Commissioning Group

  
vita  
health group



**Bristol & South  
Glos**

**1 in 10 dads find their  
mental health is affected  
by becoming a parent**

**[www.dadsinmind.org](http://www.dadsinmind.org)**

