



- Are you a dad living in North Somerset?
- 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 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. 07564 493186

 **DADSINMIND**  **@dadsinmind**
www.dadsinmind.org

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

Dads in Mind is a project run by the Bluebell Care Trust and a partnership with Vita Health Group as part of the NHS Bristol, North Somerset & South Gloucestershire Clinical Commissioning Group Talking Therapies service and is also funded by the Rayne Foundation.





North Somerset

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

www.dadsinmind.org

