



Fathers Mental Health Day

June 21st 2021

Being a dad can be an amazing experience. But it can also be stressful at different times, for different reasons. Fathers have become more and more active in parenting in recent years, but often feel guilty at not being able to do enough.

This is particularly the case where a man has to return to work, or where traditional ideas about masculinity prevent a man from being as involved as he would like to be.



Sometimes a man may have existing mental health problems, and sometimes they can develop mental health problems around the time they become a new dad.

Fatherhood can have a major impact on a man's mental health. Sleep deprivation, money worries, new responsibilities, or the relationship dynamic shifting can all play a role. Often a new fathers mental health is overlooked because they put on a brave face, or simply because no one asks how they are. Mental ill-health and stress in new fathers also often presents in different ways to typical mental health problems.



If you're talking to a new dad, ask him how he's doing with all of the change in his life. If you're worried about a new dad, don't be afraid to encourage him to seek support.

It isn't all about new dad's either, no matter what age children are, their well-being can effect a dad's mental health. Being a parent is wonderful and stressful at the same time; it's also a constant learning experience.

On the CSEAS website, we have a library of articles including information on parenting, managing relationships during the COVID pandemic, and anxiety.

Here are some tips if you think your mental health isn't as good as it could be:

- Talk about it, particularly with other dads. Ask other dad's how they are.
- Stop to think about how you're managing and if you're using coping strategies that are healthy.
- Consider if you could eat more healthily or exercise more.
- Make a list of all of the things that you do that make you a good dad.
- Interact with your child as much as possible. The more you do, the more you'll realise how good at it you really are.



Remember that you can also always contact us at the CSEAS for advice and support. The CSEAS is a free and confidential* service available to all Civil Servants that can support staff dealing with professional and/or personal issues.

On-duty EAO available at 0761 000 030

Monday - Thursday: 9am - 5.45pm

Friday: 9am - 5.15pm

**Appointments are available evening
and weekends if required**

Email: cseas@per.gov.ie

www.cseas.per.gov.ie