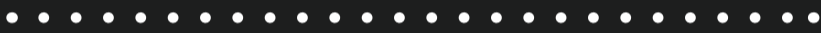


A baby on the way or a new arrival can put lots of pressure on partners. You want to be happy but you can feel overwhelmed.

You're not going through the same as Mum, but there could be a lot of things you're trying to come to terms with. Being told to 'pull yourself together' or hiding your emotions might not be the answer.

Here in Suffolk we want you to know the door is open to share your feelings in confidence, with support in person, online and through apps. Health professionals are getting expert training from OneLife Suffolk to understand more about how they can support partners during pregnancy.

So, don't worry if you're feeling anxious about becoming a new parent. Look out for more information at www.healthysuffolk.org.uk and on social media - and get in touch today.



“ Life has changed so much since having a baby and I don't always feel I can talk about these challenges. **”**

Is being a new Dad bringing you down?

Let's **Bloomin'** talk about it!

“ Dads really do matter and the better supported they are, the better support they can give to their family. **”**
Richard Keeble, Founder of EPIC Dad Community Interest Company



Will you make a pledge to support the campaign, do your bit to raise awareness of the issue and let others know they are not alone?

Contact healthandwellbeing@suffolk.org.uk to pledge and get your badge.

