

Mission Statement:

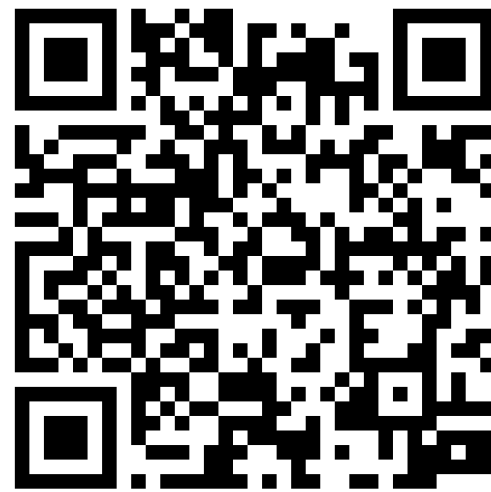
At Dad Matters Gloucestershire, our mission is to support dads through promoting mental health awareness in both parents, emphasising the importance of attachment and bonding in new families, and providing access to services and signposting resources.

Our Vision

A community where every dad is equipped to be the best father he can be.



Get in Touch: Support and Resources for Every Dad:



SCAN HERE



dadmatters@homestartsd.org
www.dadmatters.org.uk/gloucestershire

Want to make a difference in the lives of dads and families in our community? Become a volunteer for Dad Matters Gloucestershire! Join us and help support and empower fathers.



Supporting Dads, Supporting Families

Dad Matters Gloucestershire supports dads with children under 5 and dads to be in the county to have the best possible relationship with their families.



POWERED BY
**HOME
START**
Gloucestershire

**YOU'RE NOT ALONE. WE'VE
BEEN EXACTLY WHERE YOU
ARE RIGHT NOW.**

That moment at 3 a.m. when the baby's finally asleep... but your chest feels tight and your head won't switch off.

When you're smiling in the family photos but inside you feel like you're disappearing. When you snap at your partner over nothing and then hate yourself for it.

When you think, "I love them more than anything... so why do I feel like I'm failing them?"

You're not broken. You're not a bad dad. You're just carrying more than anyone should have to carry alone.

"I thought no one would get it. Then I spoke to Dad Matters. It was more than just another dad who'd 'been there' – they really listened, knew exactly what to say, and helped me find my way back to my family. Best decision I ever made."

Dad Matters Gloucestershire is that hand reaching out to you right now.



How we support dads in Gloucestershire

1-2-1 Support

Personal guidance and support tailored to your unique situation.

Peer Support Groups

Join our supportive community of dads to share experiences and advice.

Signposting and Resources

Access to a wealth of information, including books, articles, and online tools.

Why Your Mental Health Is Important

Mental health awareness is crucial for you as a new father. It directly affects your well-being, your ability to support your partner, and your bonding with your baby. By prioritising your mental health, you'll be better equipped to handle the stresses of parenthood, create a healthier family environment, and foster positive development for your child.