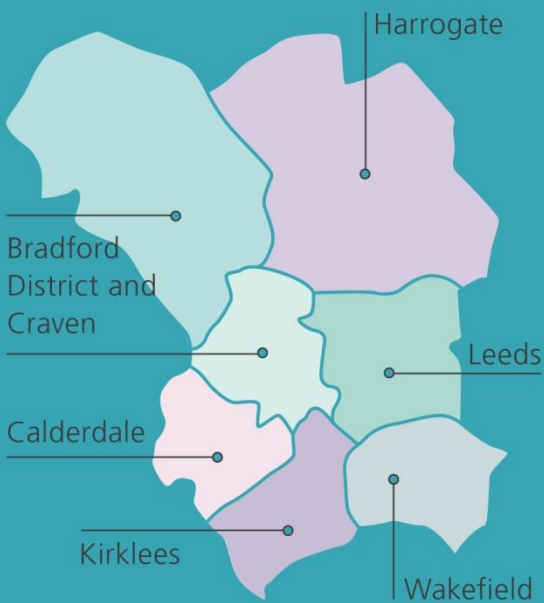


Telling our Partnership story



Proud to be the West Yorkshire and Harrogate Health and Care Partnership

Committed to improving the health and wellbeing of people living in:



- > Working to improve people's health with and for them
- > Improving people's experience of healthcare
- > Making every penny in the pound count
- > Working to keep people well and make life better for 2.7 million people living in West Yorkshire and Harrogate.

West Yorkshire and Harrogate Health and Care Partnership



Free app for new dads and fathers-to-be

Mental health problems during pregnancy and in the period following the birth of a baby affect one in five women and without treatment can have a devastating effect on families.

A sense of anxiety for new dads is also common and fathers can become depressed, particularly where partners suffer from perinatal mental health problems or where they feel unable to cope.

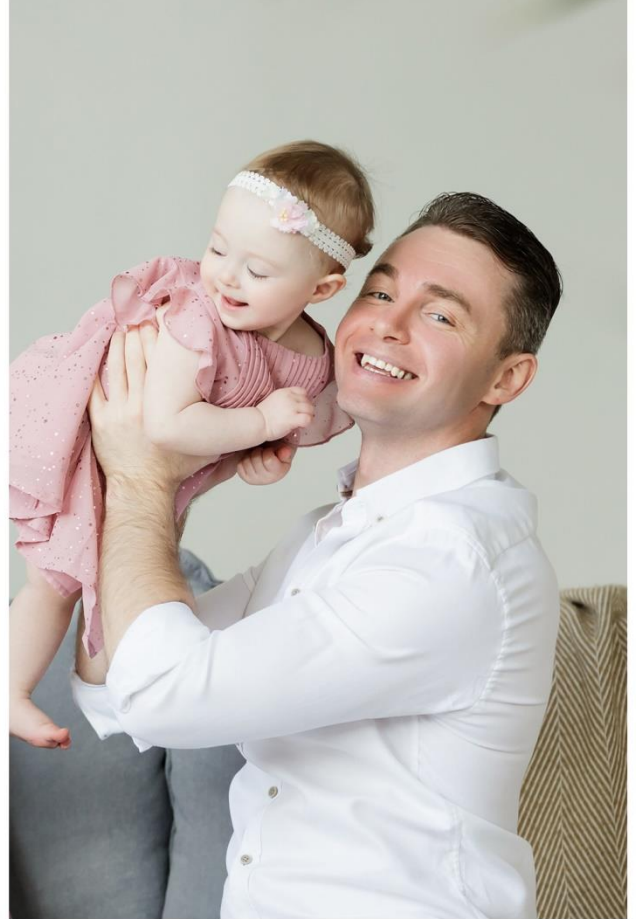
What we are doing

We have rolled out a free new app for new dads and fathers-to-be.

DadPad® is an information pack in digital form developed by dads to help fathers of all ages prepare for family life at a time when access to parental education classes and midwife appointments has been curtailed due to the coronavirus outbreak.

DadPad® is packed with relevant information, tailored to local needs and contains up-to-date information about what services and support are available in each of our Partnership's six places.

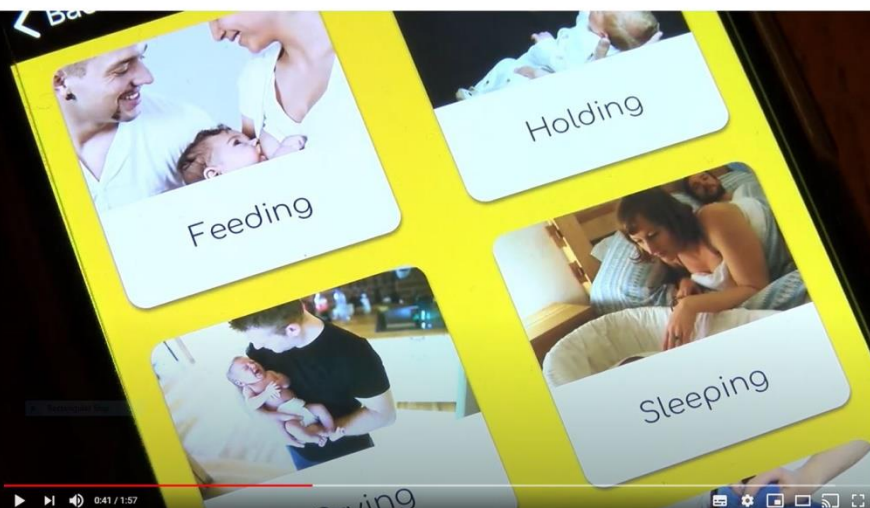
Crucially, the app also provides dads with guidance on how to support and seek help for their partners and themselves as they adjust to their new roles, and cope with the physical and emotional strains that this can place on individuals and relationships.



Dad Pad®

The Essential Guide
for New Dads

Simon, a new dad and a support worker from Leeds, tells us about his experience of using DadPad® in this short [video](#)



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A partnership made up of the NHS, local councils, care providers, Healthwatch, community and carers organisations.

March 2021

West Yorkshire and Harrogate
Health and Care Partnership

