



UNMASKING PARENTHOOD

know the signs, save a life



Common emotional signs

- Hopelessness
- Feeling like a burden
- Sudden calmness
- Saying goodbye unexpectedly



Behavioural signs

- Withdrawing socially
- Risk-taking or substance use
- Giving away possessions
- Talking about feeling hopeless, not good enough or being trapped



For dads

- Anger or irritability
- Trouble sleeping
- Loss of interest in hobbies



What to do

- Ask directly
- Listen without judgment
- Encourage professional help
- In crisis: Call 999 or visit A&E

[buckinghamshire.gov.uk/unmasking-parenthood](https://www.buckinghamshire.gov.uk/unmasking-parenthood)

Samaritans - call 116 123 or text SHOUT to 85258