

Bump, Birth and Beyond: lived experience

Film transcript

Scott

Deciding to set up peer support, or to try and be that support, just came from the fact that I looked for it when I needed it, and it wasn't there.

We had a very difficult pregnancy and birth with my youngest, and he was in a neonatal unit, and my wife was very unwell, and I didn't know who to speak to. There really wasn't - the communication with professionals maybe wasn't quite there, I don't think they always know how to handle a father and it's just that "be strong", you know, "be stoic", you know, "be that support".

And I really did struggle, my mental health was quite badly impacted during this period. But, I believed that I couldn't possibly be the only person who had felt like this, I couldn't possibly be the only father who was impacted by having a sick baby and a sick wife. Surely, I wasn't the only one.

So, the reason I set up the peer support was lived experience. Lived experience is fundamental to peer support. When you speak to someone who'll show you empathy above sympathy, that's more often than not the person you'll open up to. And when you know someone

has been through it, navigated it and come out the other side, it does give you reassurance. But, 85% of dads said that they were never asked, at any point in this perinatal period that we're discussing, how their mental health was.

Get in touch

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