

About Us

The Women's Emotional Health Service (WEHS), is offered by NUH's Department of Psychological Medicine. WEHS offers multi-disciplinary and holistic support services to women experiencing depression and/or other types of emotional distress during and after pregnancy.

At WEHS, we recognise the importance of fathers' emotional health and their role in supporting their partners. Together, our team of case managers, psychologists, occupational therapists, and psychiatrists will work with you to look into and address your concerns.



For more information:

Tel: (65) 6772 2037

Email: wehs@nuhs.edu.sg

National University Hospital

5 Lower Kent Ridge Road, Singapore 119074

OneNUHS Hotline: (65) 6908 2222

OneNUHS General Enquiries: contactus@nuhs.edu.sg

OneNUHS Appointments: appointment@nuhs.edu.sg

www.nuh.com.sg

The information in this publication is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

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DADS, YOU MATTER TOO



Your mental well-being matters!

Becoming a father is a life-changing experience. Although seldom discussed, expectant fathers may also experience a range of feelings, from excitement to anxiety and stress.

According to research, about **1 in 10 fathers experiences depression and anxiety** during the perinatal period.

If you have been experiencing some changes as listed below, for **more than two weeks**, and it is **affecting daily life and relationships**, please try to get professional help.

Feelings

- Anger/Irritable
- Hopelessness
- Prolonged sadness
- Worry/Panic
- Feeling bad about yourself/Guilt

Behaviours

- Loss of interest
- Lack of motivation
- Lack of appetite
- Trouble falling or staying asleep
- Unable to focus
- Escaping or withdrawing

Thoughts

- Unwanted worries and thoughts
- Repetitive and fixated on certain thoughts
- Self-harm/Harm to others

Reach out for support

- **Women's Emotional Health Service** @ 6772 2037 (Mon-Fri 8am – 5pm)
- **Samaritans of Singapore** @ 1767 (24 hours)
- **Counselling services**
 - Care Corner (Mandarin) @ 1800-3535-800 (10am – 10pm)
 - Family counseling @ PPIS
 - Online family counseling @ Family Assist
 - SAMH Insight Center @ 6283 1576 or website
- **Self help** @ Mindline



Scan this QR for our resources links

Taking care of yourself



Get enough sleep & Eat regularly

Time to do the things you enjoy



Stay Active



Connect with other dads

Get advice from a trusted friend or family



Warning Signs

- Spending excessive time on work, gaming, sports
- Excessive drinking or smoking
- Displaying risky behaviours such as driving dangerously, fighting

Support your partner

- 3Ls: Look at her, Lean towards her, Listen
- 2Rs: Respect her feelings, Respond with encouragement e.g. "this must be hard"
- 1A: Ask her - What would help you?

More resources

Fatherhood

- For dads in Singapore @ Dads for life
- Learn more about your baby @ Just in Time Parenting

Physical Health

- Get moving @ Active SG
- Stay active, eat and sleep better @ Healthy 365
- Kick unhealthy habits @ iQuit

Employment

- Find jobs @ MyCareersfuture.gov.sg
- Upgrade your skills @ E2i

Financial Aid

- Comcare hotline @ 1800-222-0000
- Cheap and good meals
- HDB matters
- Find a Family Service Centre (FSC)