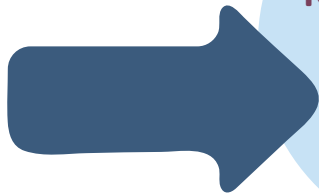


Paternal Suicide in the First 1001 Days



World first research by Swansea University, commissioned by the
1001 Critical Days Foundation

The Reality



2-3 babies
lose their dads
to suicide
every week
in the UK*

**UK estimate based on actual data from Wales*

In Wales (2002–2021):

107
dads

&

16
mums

died by suicide in the
1001 Critical Days - that's
7x more dads than mums...

The Human Impact



Behind each number is a
person, a grieving family
and a baby left without
their dad.



Suicides are preventable

The Inequality

Dads **excluded**
from perinatal
mental health
services

Suicide rates
double in
deprived areas

The Cost

£217 million
a year across
the UK

£7.2 million
a year in
Wales alone

Money that
could be spent to
prevent suicides

What Needs to Change?

- ♥ Include dads in specialist perinatal mental health services
- ♥ Routine screening and support for dads as well as mums
- ♥ National monitoring of paternal suicide
- ♥ Targeted outreach in deprived areas

Becoming a dad is an
important opportunity for
prevention.

With the right support, we
can save lives and help
parents to give their baby
the **best start in life**.



<https://bit.ly/1001CDF-paternal>

