

Child death and the impact on the mental well being of fathers

MARCH 2018
BY -PAUL SCULLY SLOAN



CHILD DEATH AND THE IMPACT ON THE MENTAL WELLBEING OF FATHERS.

BACKGROUND.

Daddys with Angels (DWA) is a registered charity (1173978) based in Northampton, UK. DWA provides free online support, advice and friendship to families following the death of a child of ANY gestation or age and by ANY cause or reason.

Our aims on the charity commissions website are:

"To relieve the suffering and emotional distress amongst persons suffering bereavement, in particular, but not exclusively male family members following the loss of a child/children in particular but not exclusively by providing advice, support, and information."

DWA structure includes an international group for male family members and a group for each UK county for male family members. There are also other parts to our structure, but that are not relevant for the purpose of the report.

During discussions in the above groups it became clear that the death of a child **DOES** impact on the fathers in a negative way.

The purpose of this report is to ask specific questions, which were based on the comments made in the groups and to detail the answers to these questions.

The responses are a summary of the whole responses. We do not have any plans to publish the individual responses. Individual responses can be made available to those who are prepared to fund the production of them.

The survey was completed by 303 male family members between February 2017 and February 2018.

The survey was made available in our groups and across social media.

The survey did not require any personal details.

Any comments or feedback regarding the content of this report will be welcomed.

The author can be contacted on 07513655134 or via director@daddyswithangels.org

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PAUL SCULLY-SLOAN
DIRECTOR
DADDYS WITH ANGELS
7TH MARCH 2018



Daddys with Angels

*Required



Angel dads mental wellbeing survey. (This survey can be completed by any male family member following the loss of a child).

(no personal details, (names, email setc are) are needed for this survey

1. **How old are you? ***

Mark only one oval.

- ☐ Under 18
- ☐ 18-25
- ☐ 25-50
- ☐ 50+

2. **How many children have you lost? ***

Mark only one oval.

- ☐ 1
- ☐ 2-5
- ☐ 5+

3. When was your first loss? **Mark only one oval.*

- ☐ Within the last week.
- ☐ Within the last month.
- ☐ Within the last six months.
- ☐ 6 Months to 1 year.
- ☐ 1-2 years ago.
- ☐ 2-5 years.
- ☐ 5 years +
- ☐ This is my only loss.

4. When was you last loss? **Mark only one oval.*

- ☐ This is my only loss.
- ☐ Within a week.
- ☐ Within a month
- ☐ Within the last six months.
- ☐ 6 months to one year.
- ☐ 1-2 years ago
- ☐ 2-5 years ago.
- ☐ 5 years +

5. In you opinion was you mental wellbeing stable before your loss? **Mark only one oval.*

- ☐ Yes
- ☐ No
- ☐ Not sure

6. Following your loss did your mental wellbeing decline? **Mark only one oval.*

- ☐ Yes
- ☐ No
- ☐ Not sure

7. If you mental well being declined after your loss, did you seek medical intervention? **Mark only one oval.*

- ☐ Yes
- ☐ No
- ☐ N/A

8. If you did seek medical intervention after your loss were you? **Mark only one oval.*

- ☐ Given medication?
- ☐ Referred on to counselling/other support?
- ☐ Told there was nothing that could be done for you?
- ☐ Fobbed off?
- ☐ N/A

9.

If you sought medical intervention were you given a diagnosis? **Mark only one oval.*

- ☐ Yes
- ☐ No
- ☐ N/A

10.

If you were give a diagnosis, was it one of the following?*Mark only one oval.*

- ☐ PTSD
- ☐ Stress
- ☐ Anxiety
- ☐ Depression
- ☐ Anxiety and depression
- ☐ Panic attacks
- ☐ N/A

11.

If you were prescribed medication did it help improve your mental wellbeing? **Mark only one oval.*

- ☐ Yes
- ☐ No
- ☐ Not sure
- ☐ N/A

12.

If you were referred to counselling did you? **Mark only one oval.*

- ☐ Never get it?
- ☐ Wait less than a month?
- ☐ Wait 1-6 months?
- ☐ Wait for over a year?
- ☐ Not offered any.
- ☐ N/A

13. If you were told that nothing could be done for you, how did you react? *

14. If you were fobbed off, how did you react? *

15. If you did receive counseling was it? *

Mark only one oval.

- ☐ A waste of time
- ☐ helped a little
- ☐ Helped a lot
- ☐ Really helped me
- ☐ N/A

16. Have you ever had any suicidal thoughts which you feel have related to your loss? *

Mark only one oval.

- ☐ Yes
- ☐ No
- ☐ Prefer not to say

17. Have you ever attempted suicide which you feel was due to your loss? *

Mark only one oval.

- ☐ Yes
- ☐ No
- ☐ Prefer not to say

18. Have you ever self harmed and feel this is due to your loss? *

Mark only one oval.

- ☐ Yes
- ☐ No
- ☐ Prefer not to say

19. Did you turn to or increase your consumption of alcohol following your loss? **Mark only one oval.*

- ☐ Yes
- ☐ No
- ☐ Prefer not to say

20.

Did you turn to or increase your use of 'recreational' drugs following your loss? **Mark only one oval.*

- ☐ Yes
- ☐ No
- ☐ Prefer not to say

21.

Did you turn to or increase your use of 'illegal' drugs following your loss? **Mark only one oval.*

- ☐ Yes
- ☐ No
- ☐ Prefer not to say

22.

Following your loss, did you begin to shout or shout more?*Tick all that apply.*

- ☐ Yes
- ☐ No
- ☐ Prefer not to say

23.

Following your loss did you become short tempered? **Mark only one oval.*

- ☐ Yes
- ☐ No
- ☐ Prefer not to say

24.

Following your loss was your sleep affected? **Mark only one oval.*

- ☐ Yes
- ☐ No

25.

Following your loss did/do you have nightmares (relating to your loss)? **Tick all that apply.*

- ☐ Yes
- ☐ No

26. Following your loss did/do you have hallucinations?*Tick all that apply.*

- ☐ Yes
- ☐ No
- ☐ Prefer not to say

27.**If your mental health declined after your loss, did you try any 'alternative therapies' to help? ****Mark only one oval.*

- ☐ Yes
- ☐ No

28.**If you did try any 'alternative therapies' were they effective in improving your mental wellbeing? ****Mark only one oval.*

- ☐ Yes
- ☐ No
- ☐ N/A

29.**If you answered yes to the above question, what alternative therapy did you try? ****Mark only one oval.*

- ☐ Acupuncture
- ☐ Reiki
- ☐ Meditation
- ☐ Change of diet
- ☐ Relaxation techniques
- ☐ Art therapy
- ☐ Cognitive behaviour therapy
- ☐ Dance movement therapy
- ☐ Hypnotherapy
- ☐ Laughter therapy
- ☐ Light therapy
- ☐ Music therapy
- ☐ Not offered any
- ☐ N/A

30. If you have taken part in peer/group support was it? **Mark only one oval.*

- ☐ A waste of time
- ☐ Just Ok
- ☐ Helped a little
- ☐ helped but need some 1:1 counselling
- ☐ The best thing I have ever done
- ☐ Would recommend it
- ☐ Not offered any
- ☐ N/A

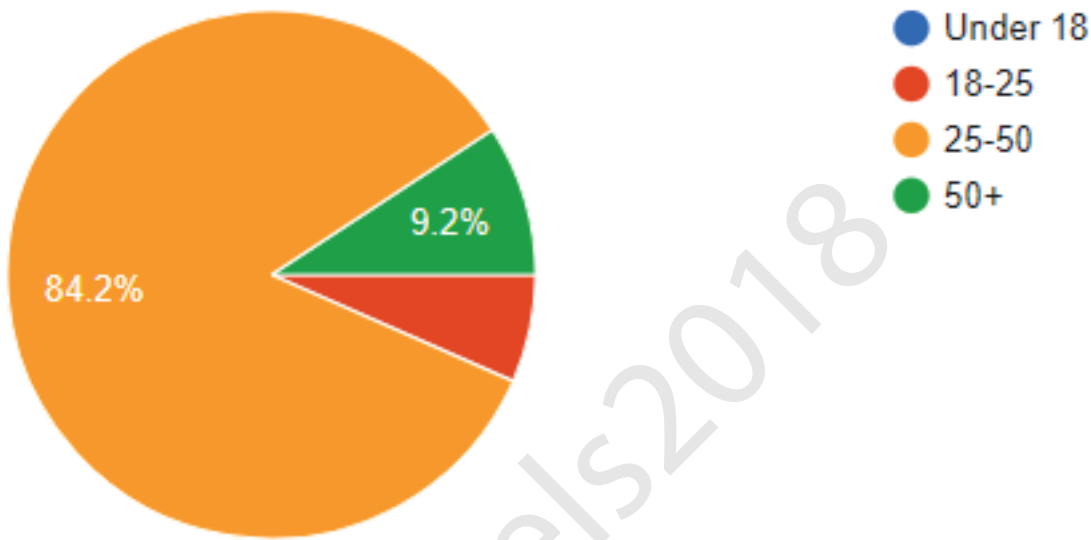
31.**Do you feel more can be done to support males affected by the loss of a child. If so what?**

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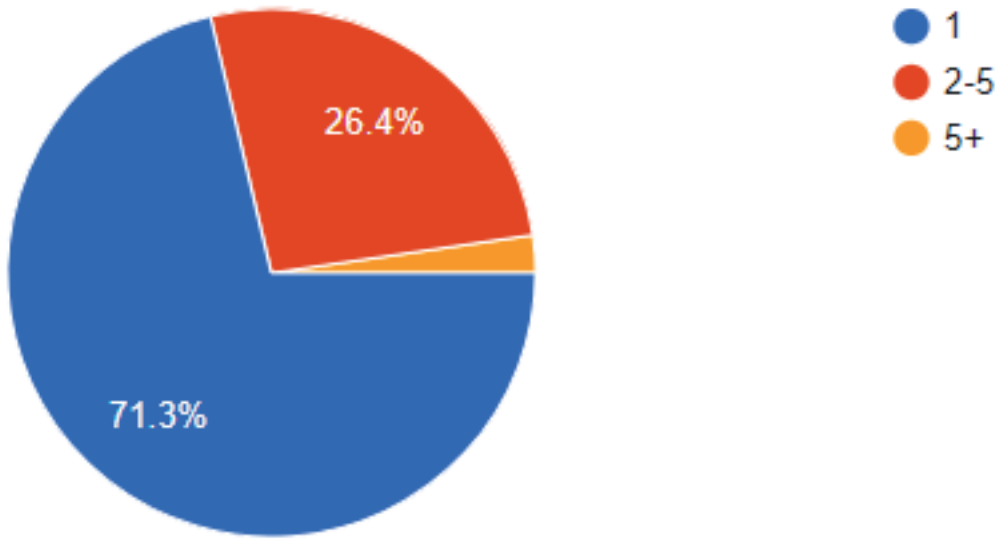
How old are you?

303 responses



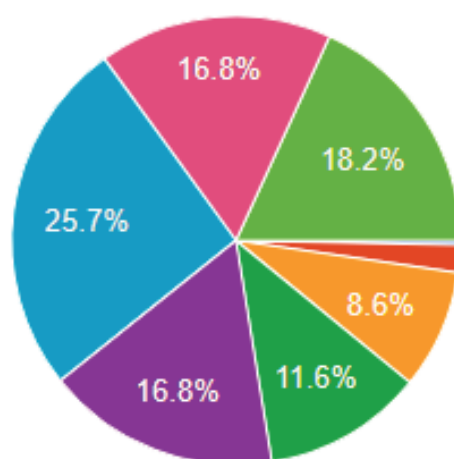
How many children have you lost?

303 responses



When was your first loss?

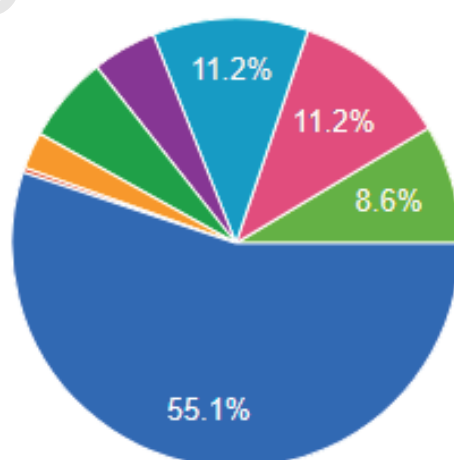
303 responses



- Within the last week.
- Within the last month.
- Within the last six months.
- 6 Months to 1 year.
- 1-2 years ago.
- 2-5 years.
- 5 years +
- This is my only loss.

When was your last loss?

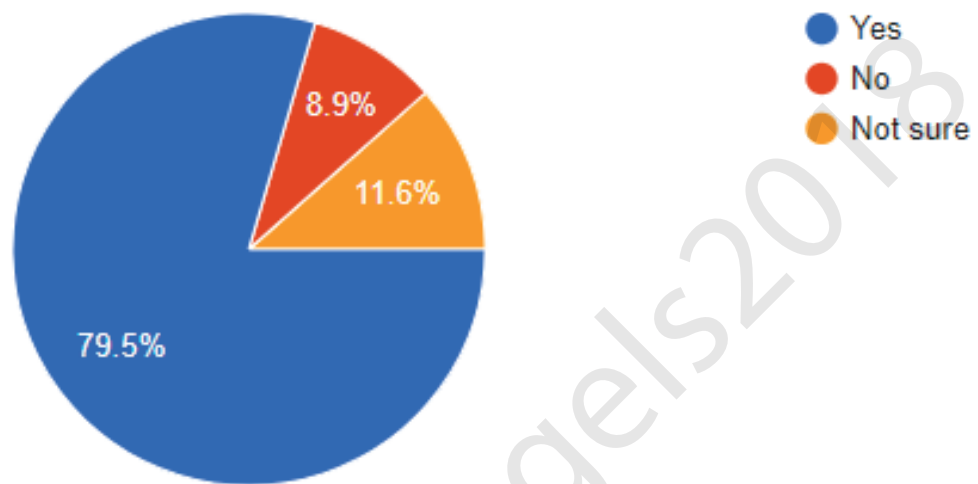
303 responses



- This is my only loss.
- Within a week.
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- 6 months to one year.
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- 2-5 years ago.
- 5 years +

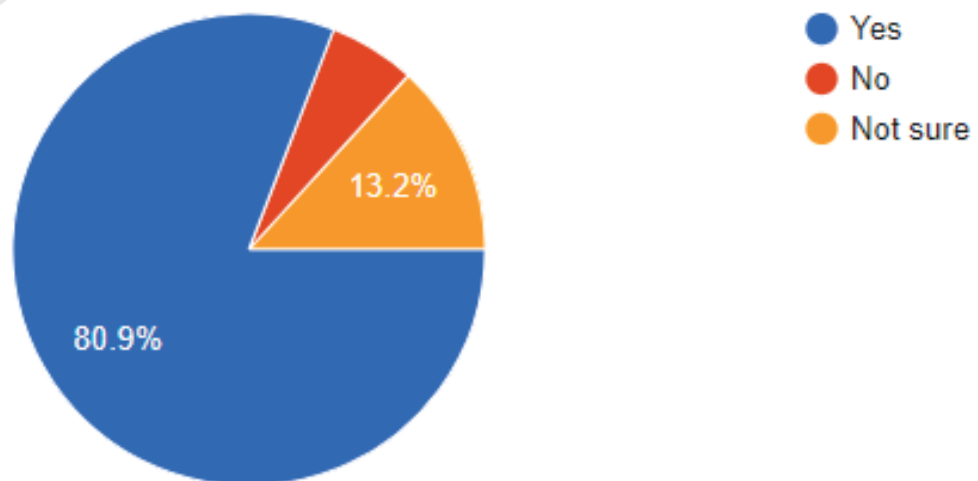
In you opinion was you mental wellbeing stable before your loss?

303 responses



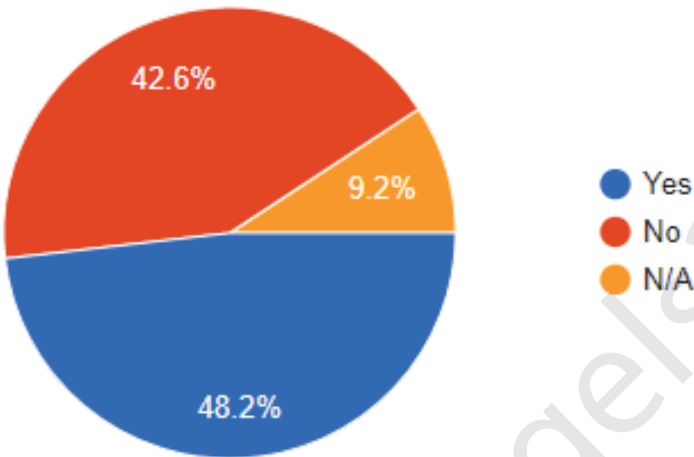
Following your loss did your mental wellbeing decline?

303 responses



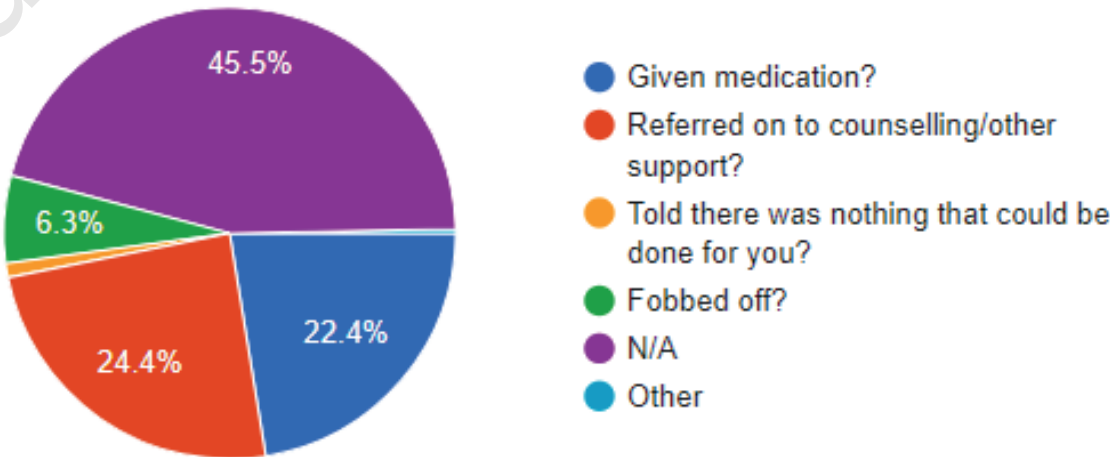
If you mental well being declined after your loss, did you seek medical intervention?

303 responses



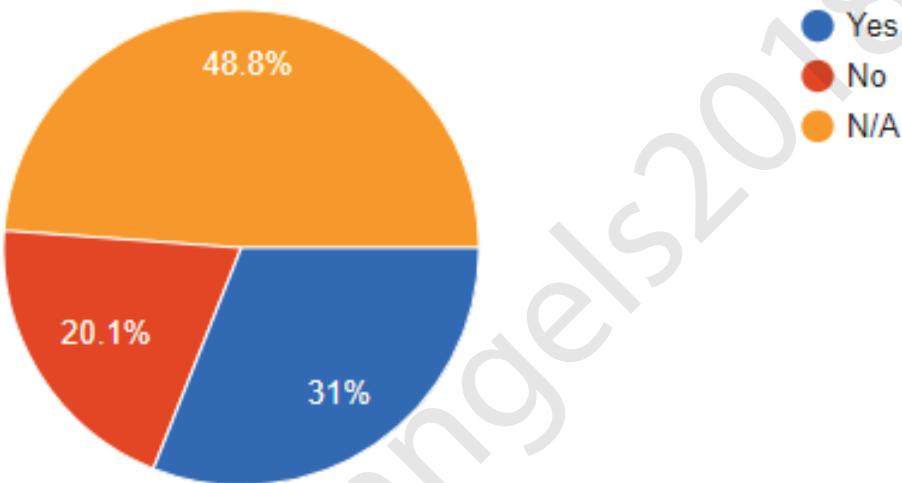
If you did seek medical intervention after your loss were you?

303 responses



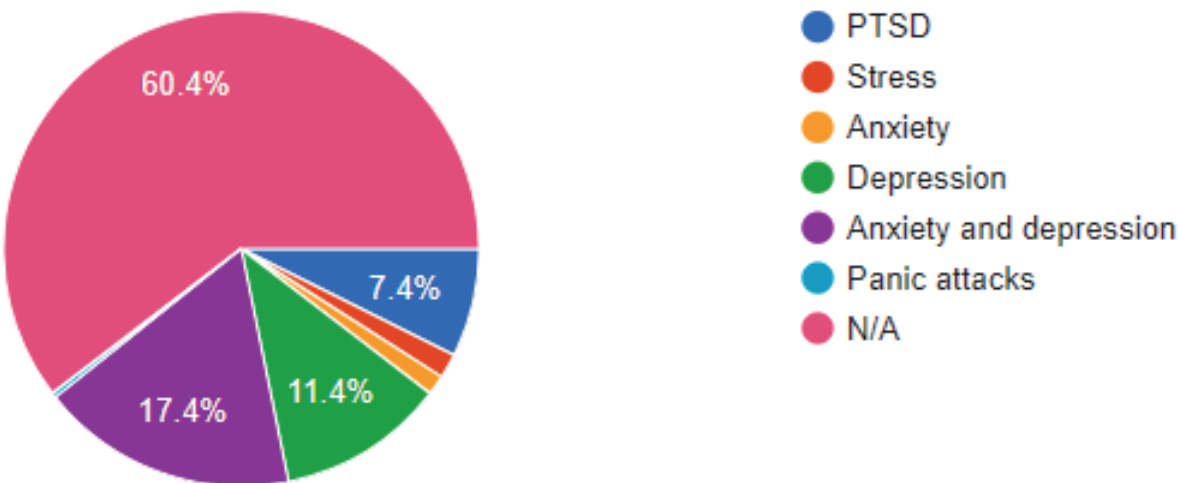
If you sought medical intervention were you given a diagnosis?

303 responses



If you were give a diagnosis, was it one of the following?

298 responses



If you were told that nothing could be done for you, how did you react?

303 responses

N/A (63)

N/a (47)

Na (24)

NA (9)

n/a (6)

Not applicable (4)

Angry (4)

. (3)

Not told that (2)

Sad (2)

na (2)

Not applicable (2)

Na (2)

. (2)

N/A (2)

Felt as though noone cares (2)

Upset (2)

None (2)

Anger (2)

Was never told that there was nothing could be done for me.

Angryly

Wasn't told or given anything

Alone

I just thought you not

Horrible

Took some one on one counseling after my loss in relation to both it, and the fact that a 2 and a half weeks afterwards I found out that my wife had an affair a year and a half prior. Also took a peer group 'Grief counseling' type of course.

Got worse mentally

Angry and sad

Very Angry and hurtful.

angry

Was very upset and empty feeling.

The session was just tokenism. I felt the counsellor thought I was wasting her time.

NA

Devastated

didn't seek help

fobbed off a bit and just got on without it

N/A

I didn't kill myself

Tried to kill my self

N/A awaiting referral

Broken

I was shocked, and overlooked because the trouble my wife had with it.

Was annoyed and unstable

Made me more depressed

Didn't take counselling

I was told to try counselling.

Sadly

I would ask why

We fought til he couldn't anymore

Mad

It is what was told.

Depressed and angry

Just move on and embrace the reality that my son is gone already. Im just thinking he is happy now where ever he is and free from pain. at first also there is the struggle of being happy with my 2nd born because the pain of the lost of my eldest son is still there. I did not seek any intervention, but if I was told there was nothing could be done. I would feel alone and hopeless.

Surprised

Id say i know

Wouldn't be happy

Disappointment

I cried because I knew they really couldn't do anything for me.

Tell them there responsible for any of my anger actions

Wasn't told nothing could be done

nafu

Angry

Wasn't told that

Was not told that

Depressed

angry, pissed off, upset, depressed, hurt, lost

Very angrily

Oh well

Frustrated

I got help

I think i would make heads roll and make people know how i was feeling

I was not told this

I would seek another counselor.

I was not told nothing can be done has i am still waiting

I wasn't told this.

I'd likely shut down, just internalize and retreat from life until I couldn't handle it anymore and then hopefully have someone to help pull me out.

Found elsewhere

Angry, upset, men grieve too

Kill the woman who killed my son

turned to drugs and alcohol

Dead inside and Hopeless.

Did not ask for professional help. My wife and I talked with family (what family that really cared sad enough)

I prayed

Badly, immediately welled up and was angry.

Tried to commit suicide

Felt useless, like my child was never born! My child never existed...

just got on with life .thought it was crap dads don't get same support as mums

I found it dreadfully hard

Through church we were offered group therapy for family and friends.

With anger.

Never asked for help cause I couldn't afford any !

Id be left with a feeling of emptiness and a feeling that im stuck in the groundhog day forever

Angrily

Not sure

not applicable

Was not told that.

Didn't seek help

I would tell them they are wrong and there must be something to help

Don't know until it would happen

Other (40)

If you were fobbed off, how did you react?

303 responses

NA (7)
n/a (6)
na (4)
Upset (4)
Angry (3)
Not applicable (3)
Not applicable (3)
. (3)
Angry (3)
Na (2)
Not sure (2)
Mad (2)
Annoyed (2)
I was not fobbed off (2)
I wasn't (2)
. (2)
Started losing my head at everything (2)
None (2)
Wasn't
No
I don't remember if I was fobbed off.
Wasn't
Again alone
Withdraw into myself. Keep it all in
Horrible.
When seeking medical help, after hearing my story (loss of my son as well as finding out my wife had an affair) there was no attempt made to 'diagnose' anything..... just filled out a prescription for both an anti-depressant and something to help with anxiety. I was very Disappointed and angry at the way I was left after my son Liam passed away, I was offered lots of help but when my baby Liam Died I was left on my own, and never got offered any help at all..
angry
At the time too focussed on the loss. Consequently now I've got OCD, and this can be partly attributed to the losses of children - my first being a full term still birth. I now pay for CBT therapy, and it's through this I now know I have OCD.
Wasn't fobbed off
Confused
didn't seek help
numbness for few weeks then work colleagues friends helped me through difficult days
N/A
Took lots of tablets
N/A awaiting referral
Helpless
Tried seeking help through other support organisations
I was angry but I just buried it deep down
Pissed off
Wasn't taken
wasn't fobbed off
Fobbed off?
Didn't
I was pissed off
I would be angry to a point that I might have done something to either change it or something that

I would regret later.

? Fob

Try report then to higher orthoraty

Was not fobbed off

Not sure what fobbed of is, but I never sought medical help yet. I can't afford it!

As always drs are bloody useless

i felt like they pushed it a side and didn't really under stand my problems

Aggravated

I would lose my temper

I wasent fobbed off

I wasn't.

Went elsewhere

became self destructive

N\A

Sorry I don't understand this question..

I prayed

With anger

Devastated

Don't know

Not fobbed off

head was too screwed up for anything to sink in :(

I found it disgraceful that I wasn't offered enough professional help and left to deal with things with support from my wife, family and friends

When I went to see a doctor, I merely explained what had been happening in my life and he handed over prescriptions for 2 different drugs.... never asked about my feelings, thoughts, depressions.... just told him my circumstances... just the facts, and that was it. No diagnoses given. I didn't really like the idea of taking pills as a way to cope so chose instead to not take the meds and try to navigate, and face, my feelings.

Same

Don't know what fobbed off means ! Sorry

Poorly...

Angrily

Walk away

not applicable

Not fobbed off.

I would demand to see someone else

As above

Did seek mental help, was given after sitting above a busy railway line waiting for the next train to come.

I was never Fibbed off but I did not commit to counseling. However I finally found one who broke through my defences.

As above

Not sure what this means. Is this a British term?

I would try and self heal after I lost my temper

What bunch of use ffig arseholes

My son just didn't go I being his mother had to try and deal with him without any professional help(still neither of us has had any professional help)

Badly

*

Just kept quiet

N/a

...

Ignored it

Angrey

I did'nt

N.a.

No counseling

Find some way

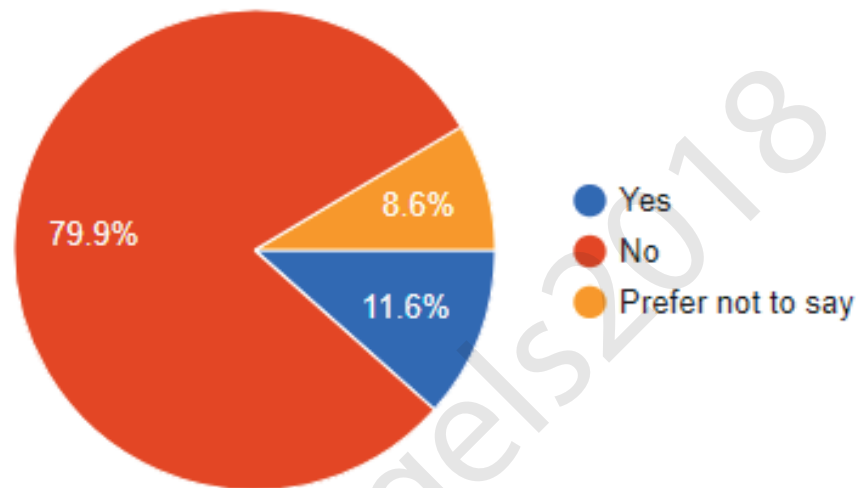
After my 1st loss I had no support from anyone apart from my partner. I felt alone on the journey.

Anger

Other (21)

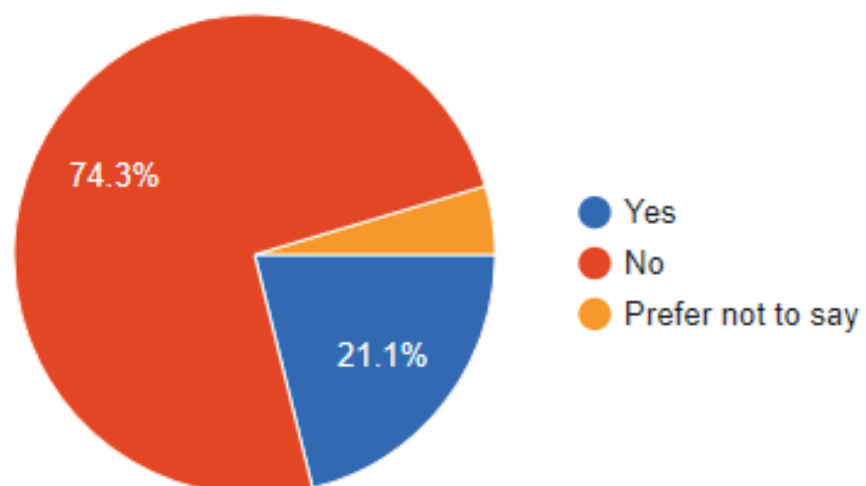
Have you ever attempted suicide which you feel was due to your loss?

303 responses



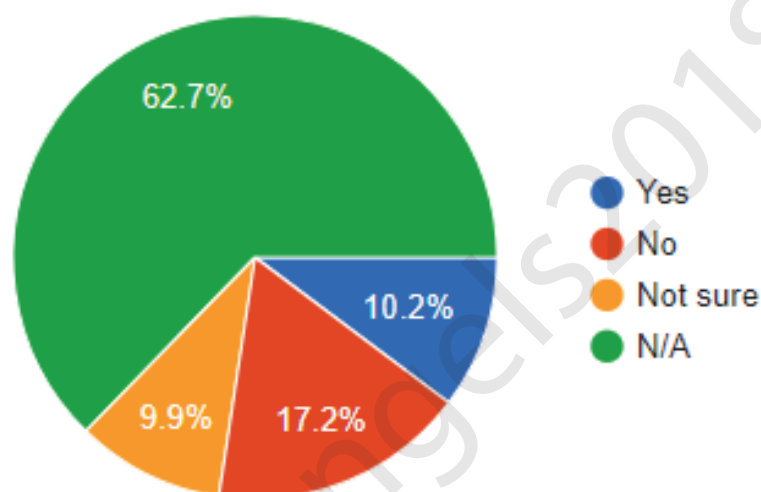
Have you ever self harmed and feel this is due to your loss?

303 responses



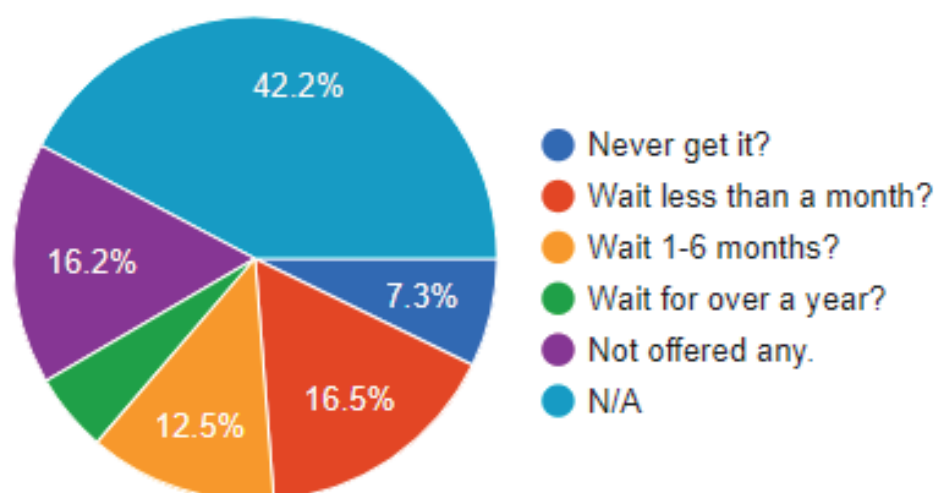
If you were prescribed medication did it help improve your mental wellbeing?

303 responses



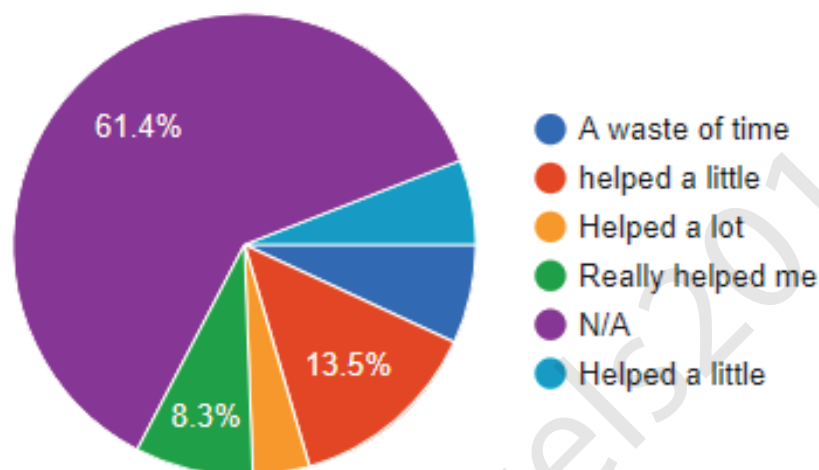
If you were referred to counselling did you?

303 responses



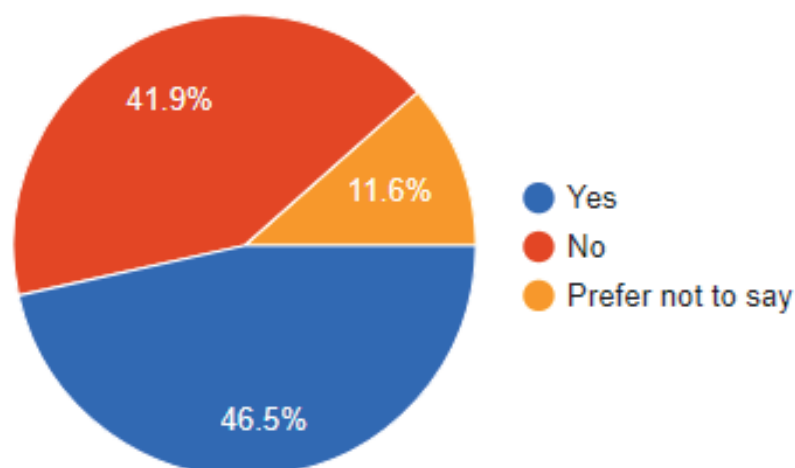
If you did receive counseling was it?

303 responses



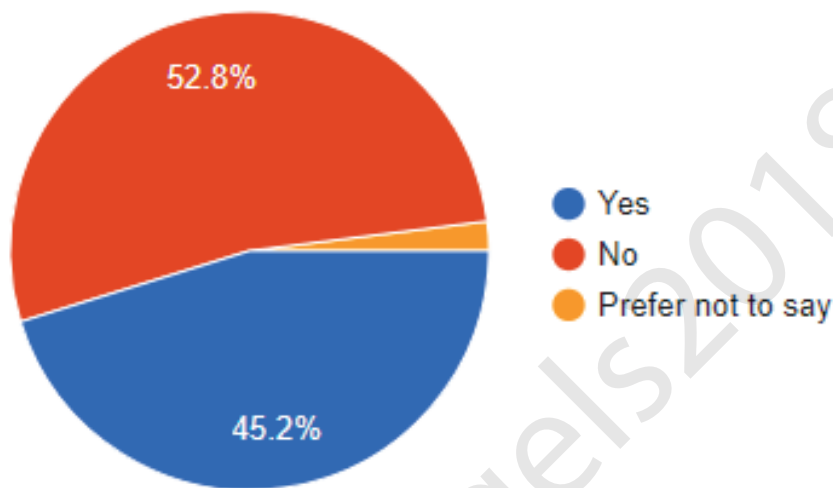
Have you ever had any suicidal thoughts which you feel have related to your loss?

303 responses



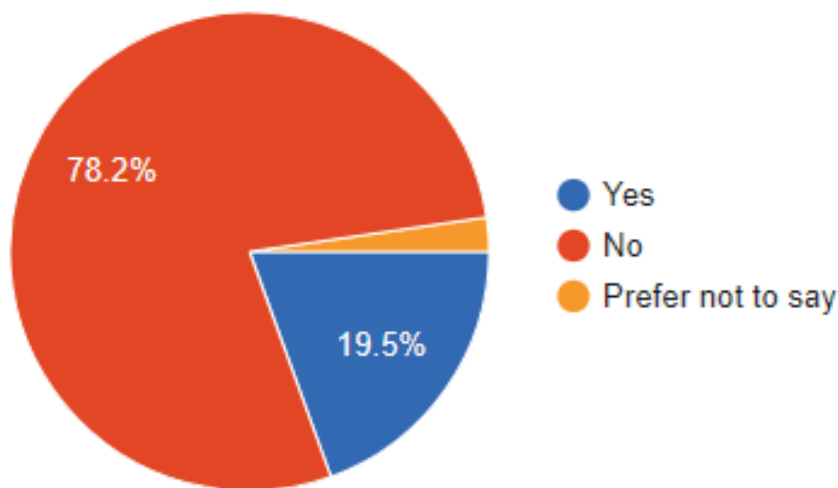
Did you turn to or increase your consumption of alcohol following your loss?

303 responses



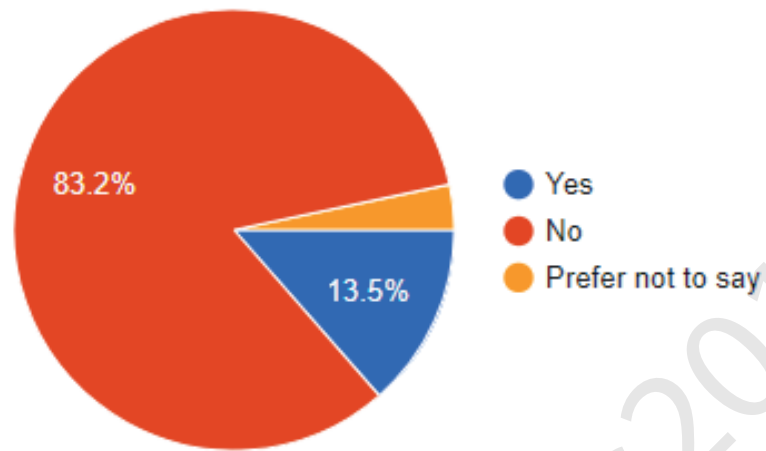
Did you turn to or increase your use of 'recreational' drugs following your loss?

303 responses



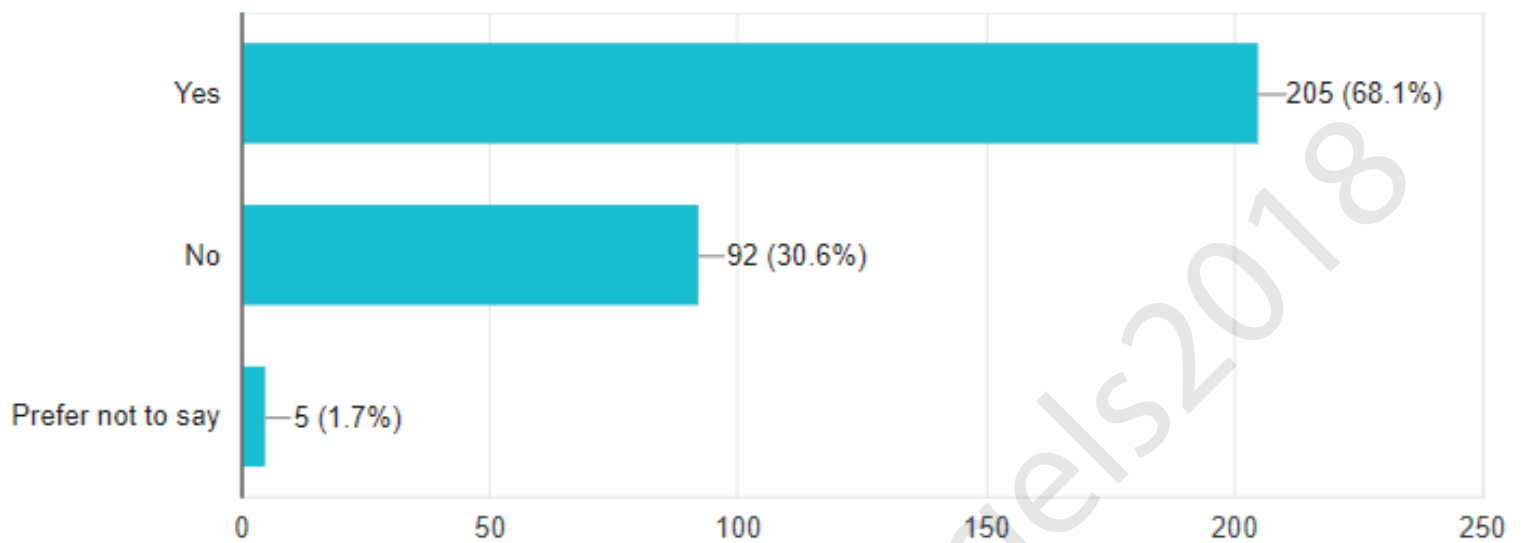
Did you turn to or increase your use of 'illegal' drugs following your loss?

303 responses



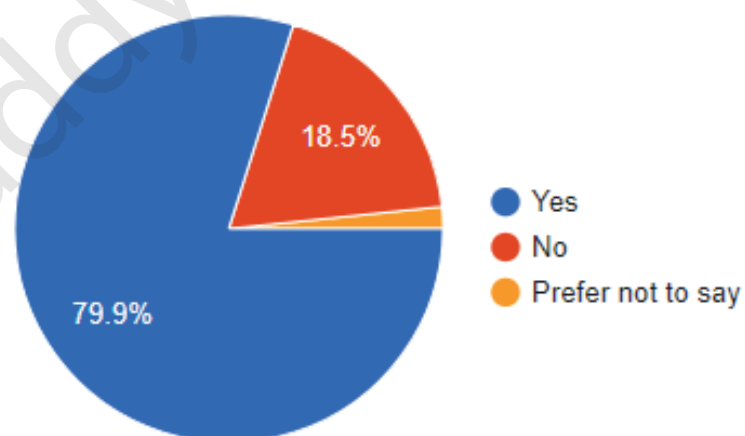
Following your loss, did you begin to shout or shout more?

301 responses



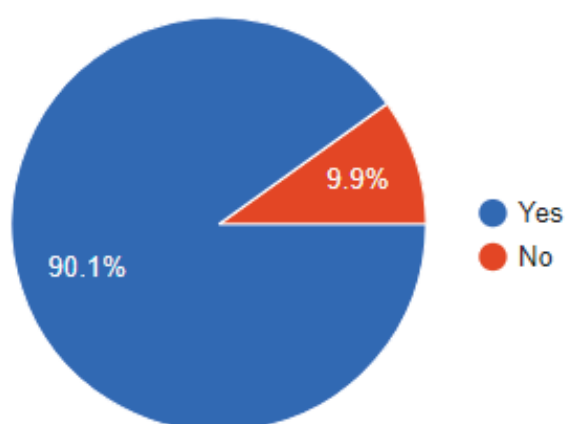
Following your loss did you become short tempered?

303 responses



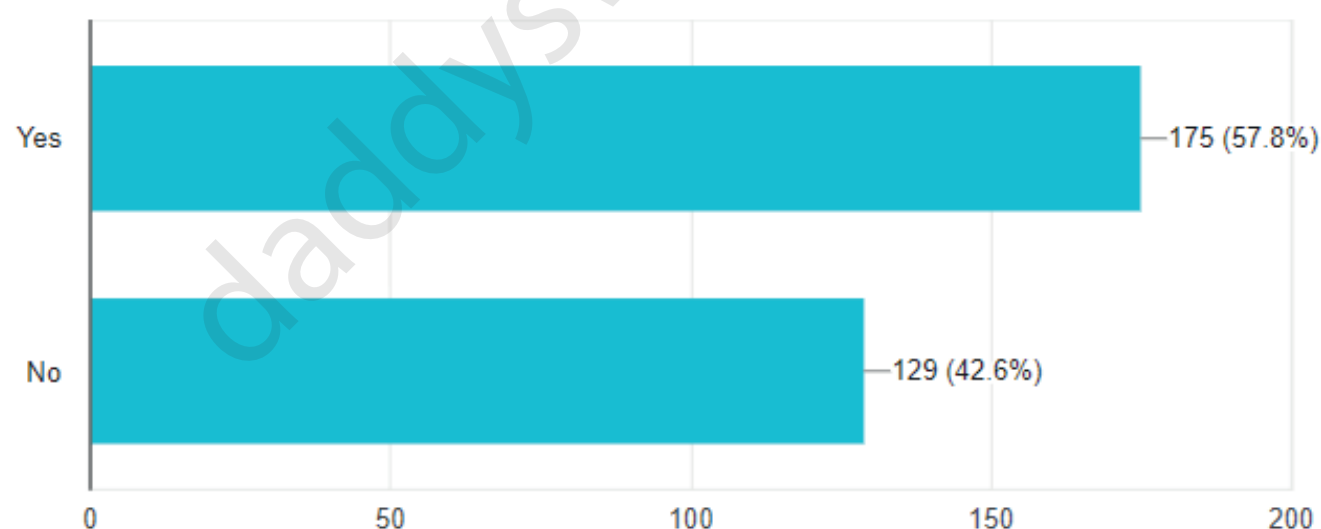
Following your loss was your sleep affected?

303 responses



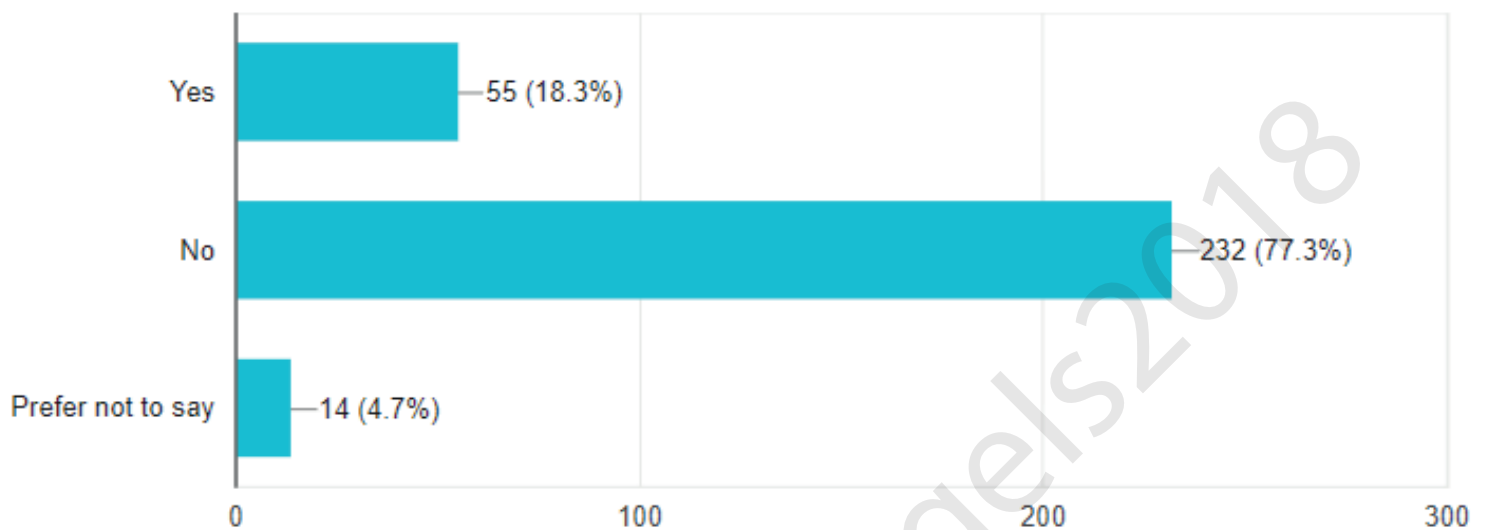
Following your loss did/do you have nightmares (relating to your loss)?

303 responses



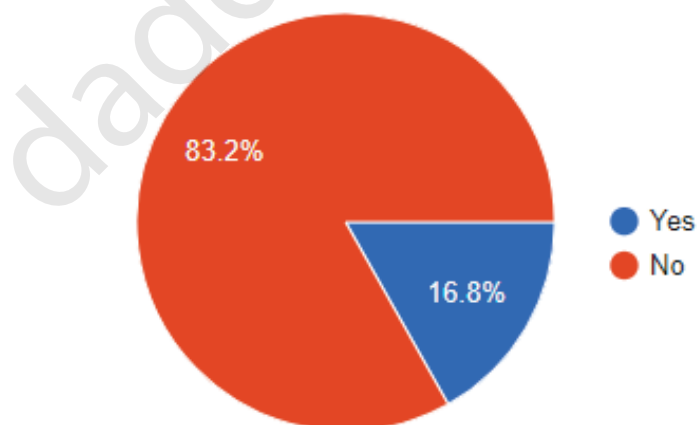
Following your loss did/do you have hallucinations?

300 responses



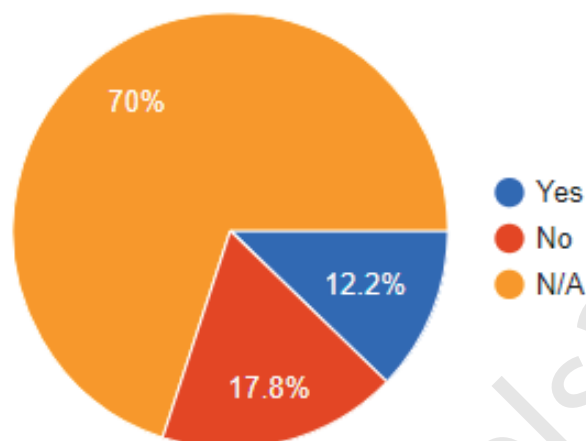
If your mental health declined after your loss, did you try any 'alternative therapies' to help?

303 responses



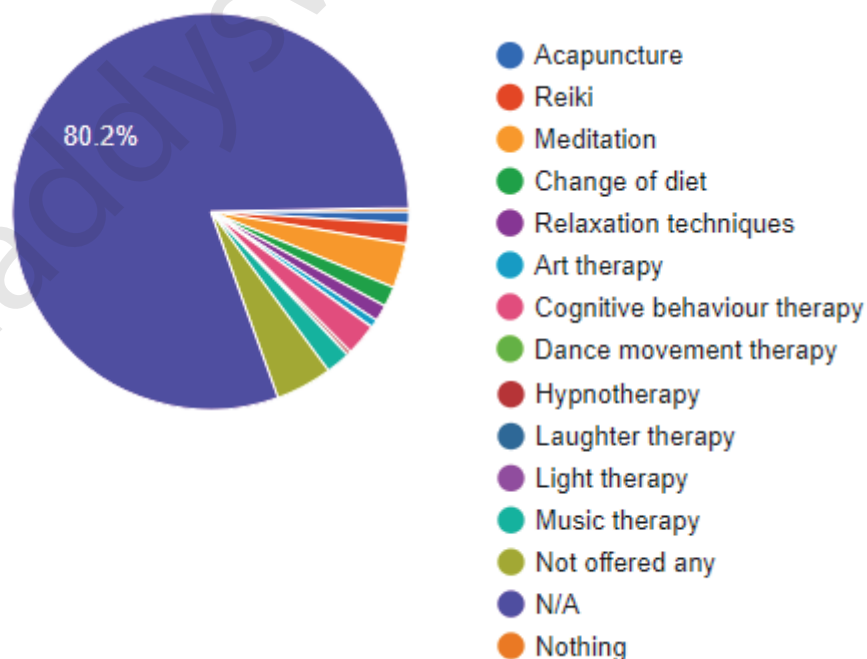
If you did try any 'alternative therapies' were they effective in improving your mental wellbeing?

303 responses



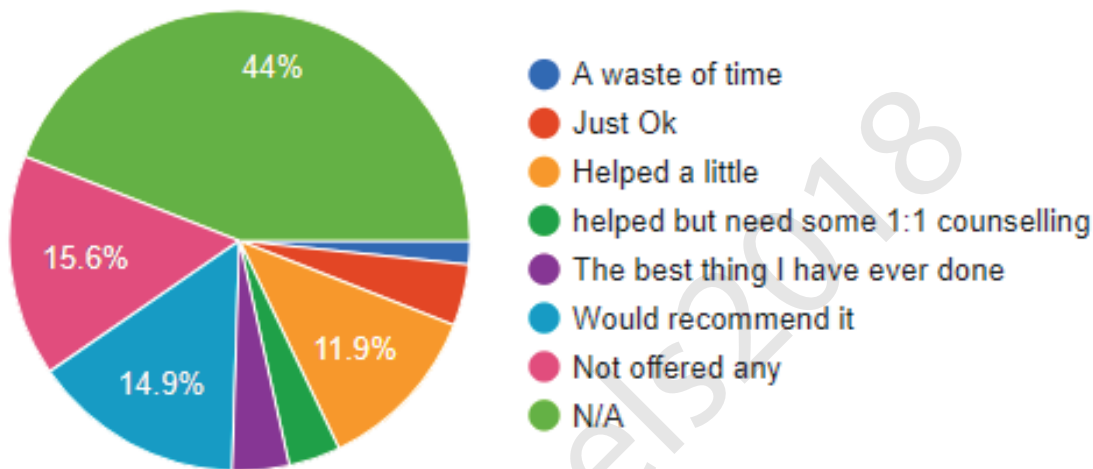
If you answered yes to the above question, what alternative therapy did you try?

303 responses



If you have taken part in peer/group support was it?

302 responses



Do you feel more can be done to support males affected by the loss of a child. If so what?

209 responses

- Yes (12)
- Absolutely (2)
- Yes (2)
- N/a (2)
- More awareness that there are groups out there to support dads. (2)
- Thier should be support for fathers because we have to be the strong one and carry on but we end up the worst of and loose it completely and could ruin everything weve had (2)
- Yes, more specific male support groups as we grieve differently (2)
- Yes, recieving a visit from a councillor at home, more comfortable in our own surroundings (2)
- A lot can be done, counselling would be great, we had a bereavement midwife but the NHS only allowed her 1 day a week to do this and she was the only 1 covering my local area (Swansea) (2)
- I could have done with more info on how to support my wife going through 5 recurrent losses (2)
- Yes. Males need to be treated as equals in the loss of a child, and offered the same support as females. (2)
- Groups where we can discuss our loss and emotions openly without being viewed as weak or different. I've been to general parent support groups and the women can tend to be over powering - they are far more likely to discuss their emotions than men so it can be difficult to discuss our feelings.
- More male support groups would help a lot i was lost until i found DWA.
- I don't know!
- Live & online support groups plus public service campaigns (videos, brochures) sponsored by key stakeholders (Daddys w Angels, SHARE, etc.) for support & info.
- More knowledge in workforce HR about the effects of loss and legislation for more time off given.
- There definitely is a need. Everything is geared around the woman (rightly so) but no attention is given by healthcare professionals. Just because we may not visually show our feels, don't mean we don't feel. DWA has been a help in the short time I've discovered it, that 10 years of going through the turmoil on my own.
- Mental health check ups to check if issues are starting to creep in
- Having a fellow person to talk too and be there when your at your lowest and not hide how you are feeling.
- For people not to forget the dad has lost a child as well. Weather child was 1, 3, 16,35, 50 or yet to be born
- Yes listen to more and not fobbed off
- males should be afforded the same as women , not once was I offered support where my partner was
- Yes, but first societies perception has to be changed.
- Information directed just at fathers as most information is highlighted as father help but in fact is mother help. Something to let them know it's OK not to be strong, it's OK to hurt. You don't have to be the rock society tells you to be. Cry and talk about your angel with the people that love you... let it out.
- Fathers feel a loss as much as mothers, but societal pressures mean that they have tendency to bottle it up. this leads to more chronic health and mental issues
- Nobody seems to understand the impact it has on men. We need more support. When I sought help from my GP I was put on anti-depressant medication. I didn't feel this helped me at all, but at the time I was willing to try anything and it may well work for others. I think grief counselling or support would have been much more help but I was never referred for this. Instead I was given a scrap of paper with "self help service" written on it and told to google it. When you are at your lowest you need more help than that.
- Yes. More awareness and support
- Yes I do I think there should be more groups for men to talk to each other, there also should be alot more help out there for men, but there isn't and it hurts because I have nobody to talk to, I do get very Depressed and I wish I had some we're to go and talk.
- yes
- very much so because i lost my baby as well as my wife
- By being there for the males just as much as females, offering them assistance if needed with their grief
- I feel that information should be provided about support/councillors/groups etc at the time of loss as I feel a lot of men (myself included) try to hold it in and'stay strong ' for their partner as an issue of pride, but I've come to realise that talking about it does help.
- Yes. My role (I naturally felt) was to look after my wife, which meant I brushed my feelings under the carpet. Very few people acknowledged my loss and they focussed on my wife (which I don't resent, as she needed it). It's come back with a vengeance now via OCD. My self preservation mode was distraction and avoidance. Which has not been healthy for me, and contributes to the obsessional part of me today.

Answer is educating clinicians and counsellors and creating opportunities for men. It's a cultural change that's required. If it was well designed to appeal to men's instincts to protect I think it would have more chances of success and buy in. Whilst men need support it is difficult. Our feelings are difficult to access due to how we are programmed/conditioned as children but we do still need a safety net and pressure relief valve. If not, we run the real risk of being (more) dysfunctional as a consequence due to mental wellbeing.

I do believe this can create a vicious circle effect too, as 'grumpy' or 'narky' men are seen as aggressive etc and are treated as such, leading to frustration on the man's part leading to more grumpy behaviour.

Well done and thanks for this work! May our angels rest in peace...

Yes.

Yes, maybe just people to talk to

Found 90% of my support @DWA facebook and 10% from our family. DWA understand what you are going through.

Unsure but the support group is very helpful

its simple, whatever is offered to women should be offered to men

Counselling needs to be equally offered the same to both parents of their beloved angel

More groups could be offered to help the families

More groups for males as there is always help for females

More one on one talking with other dads that lost their children

I think so. Following our still birth, I have to say i feel supported. I feel generally, the man isn't considered as much.

We can improve that by speaking up. Pages like Daddy's with Angels are essential. Making sure everyone is aware of them are essential

Yes just to acknowledge that we have lost a child too and we are as important as the mom is ! Most things referring to child loss is directly towards the mom as suffering and not the dads! Thankfully we have DWA to go too

Yes

To be treated as well as the mother because it's not all about the mother.

Counselling should not be based on a points system. I have almost committed suicide a few times, but

apparently that is not good enough. How can someone judge my mental wellbeing over the phone?

Yes. Maybe we need to be more vocal

I don't really know, but finding DWA on Facebook really helped me open up and talk about by Annie and made me realize that I wasn't alone and I had Brothers I could reach out to

Accept us dad are also grieving and other some support group sessions..venting

No,I get a lot of good support from family and the group's online.

Yes I think people forget about the Dads, if it wouldn't have been for my wife I'm not sure what I would have done. Dads get the pain and the guilt that maybe there was something that they could have done to help that child. Or get the feeling like they didn't spend enough time with them while they were growing.

Na

Each person is different it happens to we all have our own way of dealing with it.

Acknowledge dad's grief. You just can't "rub some dirt on it" and make it go away. It is a lifetime of grief

More goddam empathy. Sympathy. WE HURT TOO!!!! I held my child at 18 yrs old as she died from drowning!!!!

People can be cold to father's. We are supposed to be the "strong" ones. She was everything.

Yes, I think that it should start at the doctors/hospitals. They always have a packet full of information for the mothers that have support groups, websites, books, etc for the moms but nothing for the dads. I also think that when a mother goes to a support group or counseling that the groups and counselors ask the mother about the dad and give her information to give to the dad. Also, the websites that are out there for the moms should have a link or a tab that should have info for the dad.

Yes..but i dont know

Be socialable with other male bereavement father

The could be more weekly meetings and workshops

More awareness

Need local support groups

Home counselling . As a male we wont seek help we stand proud and some times dont think we need it wen we do

A lot more can be done by bringing bereaved fathers together Daddy's With Angels is an amazing community they helped me a lot

Yes. Dads need the same recognition when they lose a child dads grove the same

Yes, the male is often forgotten about

By asking the father are they okay and making sure that the father gets the help he needs

Yes, but I'm not going to write the dissertation required using a phone.

Yes, more acknowledgement that us men hurt from the loss too.

More peer groups

Medical profession near to where we live are absolutely useless .i spoke to our health visitor about our loss , firstly she had never heard of t18 and secondly she said that she would be at our home to support my but turned up a year later to discuss my sons pre-school checks and did not even acknowledge our little angels death Im

sorry to rant about medics but if any of you medics had lost a child for any reason you would look for any thing to cling hold of . Also i would like medics change the diagnosis of " not viable with life " to " life limiting " its such more softer to take #trisomy18 awareness My Wife and learnt to take every day as it came and took our anger out whilst running together around the local countryside early in the morning lots fresh air and fitness hasnt done me any harm . I still miss our little girl but now together we can survive so much better

Definitely more can be done

Yes. Simply remember and acknowledge that us fathers have lost our child also. It's not just the moms.

Spread the word that loss affects us men as well

Men are very self reliant and tend to not seek help or think that they are ok

To have more help available to everyone dwa have been an amazing group for help and met some great people through it and more needs to be done for males

Reduce the taboo around the subjects. It is not just the females needing the attention.

Yes i do

Yes more awareness from GPs on support groups available

Understanding that men cry too

Yes. Identifying that they have infact experienced a loss, and offering more help for them.

We are supposed to be strong and are. This group has helped me a lot. I also go to NA meetings and the support I have received there has been very helpful. I have spoken and cried at meetings and everyone just listened and held me. This and praying is all that helps. I now know what footprints in the sand means.

I still wake up at 2:30 am, the time of my sons' wreck and usually can't go back to sleep.

Support the Father as much as they do the Mother.

Yes - there is not enough support groups for people who loose an infant. There are plenty of groups for miscarriages and still births but not for 1 year olds etc.

More awariness that dads lost their child too. To many groups focus solely on the mother and feel that the dads grieve less.

Help us heal

Yes. Better awareness can be created world wide for all men.

Yes, definitely. Almost all support is offered to the female, very little is offered to males.

Yes, more support groups

That's a hard one and I'm not sure how to answer that directly.

Immediate access to counseling and support

Employers should allow more time off after loss of a child

Society should publicize and educate everyone that greiving fathers are predisposed to the stereotypical toughness and need to hold it together . And it is normal for a "man" to greive in any way. There is no "correct" way for anyone to greive the loss of their children.

Just more support in general.

Ask how the Dad is feeling, everyone shows such support to the Mum and yes they lost a child, but so did I.

My wife was offered many things to help. I was not. No one gave me a hug or offered a shoulder to cry on.

Dads need support just as much.

More public understanding

No

knowing there are guys out there who feel the same is one thing but does not replace the need for human contact and support from like minded group sessions with fathers may be a good thing

More openness to encourage sharing stories.

Yes.

By getting in touch with them and let them know there are other dads out there who needs our help such as this group Daddy's With Angel, I tank this group because I always thought to myself that noone cares besides my wife and the family..

Its always best to reach out...

I think there can. I know that my wife goes through the loss everyday but so do I. She does her best to support me the best she can. Fathers go through alot too because of the preparedness of the mindset to get ready for kids, especially first time parents like ourselves. I would like to see more support country wide just to make aware that fathers do have a tough time with this loss.

Other (88)