



Tower Hamlets Talking Therapies
Making a positive difference through Talking Therapies

NHS

East London
NHS Foundation Trust

Fatherhood & mental wellbeing

A free webinar aiming to:

- **Support the transition of becoming a dad**
- **Discuss common experiences & concerns**
- **Offer tips to support wellbeing**



Please self-refer on

<https://towerhamletstalkingtherapies.nhs.uk/get-started/>

**To register for this webinar you must be a resident or have a
GP in Tower Hamlets**