



**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**