

Asking for help: overcoming obstacles

Maybe you think it's not a big deal.

Maybe you struggle sharing your feelings and emotions.

Your responsibility as a caring man and father lies in searching for real solutions to your problems, not in hiding from them. Do it from the beginning, show your children how to care and how to get away from harming yourself and others.

Here you can find
valid information.



visit www.work-with-perpetrators.eu/fathersrock

 Funded by
the European Union

 **Blanquerna**
UNIVERSITAT RAMON LLULL

 **conexus**
atenció, formació i investigació psicosocials

 **Uomini**
Multimedia

 **Institut für Männer- und
Geschlechterforschung**
MÄNNER UND GESCHLECHTERTHEORIEN STUDIENKOLLEGE

 **www**
www.work-with-perpetrators.eu

FATHERS ROCK

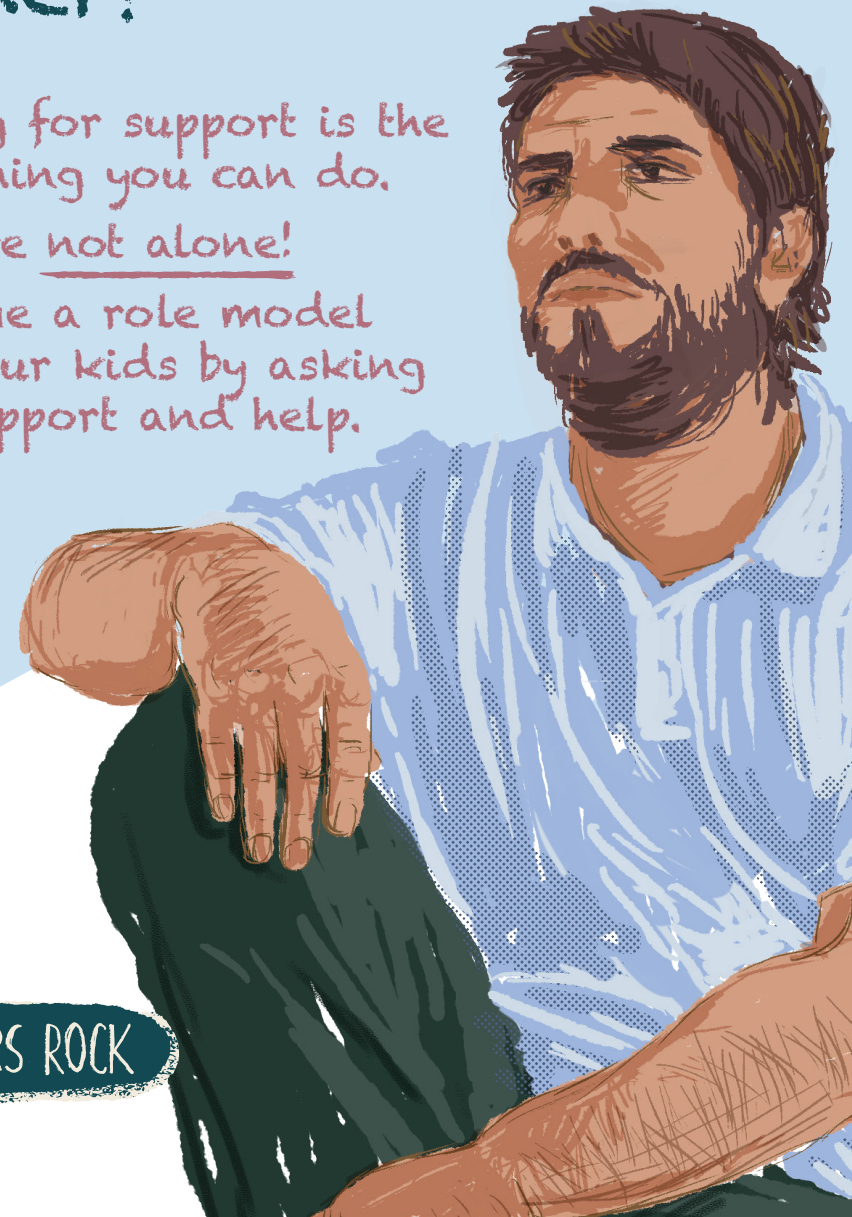
Are you struggling with becoming a father?

Asking for support is the
best thing you can do.

You are not alone!

Become a role model
for your kids by asking
for support and help.

FATHERS ROCK



It's ok not to be ok

Joy, excitement and happiness, but also sadness, jealousy and fear are emotions a new father can experience. Sometimes your emotions will be balanced, but sometimes they will not.

It's ok not to be ok. The important thing is how we choose to respond to these feelings: it's not ok to cause harm to yourself or others. It's ok to seek help and learn tips on how to cope through specialised services.



Are you afraid of yourself being violent against your partner or your children?

Are you having harsh conflicts with your loved ones?

Violence is about wanting control, not losing it. It is a violation of human rights which hurts the targeted person, any witnesses and the perpetrator himself, and has concrete and legal consequences. Remember: caring for others means rejecting violence.

If you think you may be struggling with violent or angry thoughts, don't hesitate to get in touch with specialised services: they will support you.

What can Men's Counselling Centers offer you?

Men's Counselling Centers are safe and brave spaces where men can find support and open up about problems, feelings, fears, finding help in a supportive, confidential and non-judgmental way.

