

INVISIBLE

‘Invisible’ is a powerful new film, launched by the Institute of Health Visiting in 2025, to raise awareness of the complex interplay of factors that impact men in the transition to fatherhood.

The film, funded by The Burdett Trust for Nursing and produced in collaboration with Inner Eye Productions, follows Luke’s journey as he becomes dad to baby Josh.

Studies show that many new dads feel ignored and left-out by services, which may mean they don’t ask for help when they’re struggling. With at least 1 in 10 men experiencing mental health problems around the time of birth, and suicide remaining the leading cause of death in men under 50, there can be unique opportunities for midwives, health visitors and other healthcare professionals to identify any concerns and offer timely support.

Film is a powerful catalyst for change. Our big hope for ‘Invisible’ is to engage hearts and change behaviours so our systems and society become more inclusive and supportive of new fathers. This film can be used as a standalone impact piece, or as part of a training programme for services working with families around the time of birth and early parenthood.

A 90-second trailer is available for marketing purposes, as well as the full film at: <https://bit.ly/43lgHHs>

Please note the following:

Before playing the film

- Prepare the environment: shut any blinds or curtains, dim the lights, and ensure the audio is set to an appropriate level.
- Make it clear to participants that this is a dramatised version of events, highlighting factors that may impact new dads’ mental health. The storyline has been developed following extensive interviews by the filmmakers with a diverse range of fathers and is based on research findings. It is intended to generate discussion.
- Be aware that for some people this session may provoke strong feelings, particularly if they’ve been affected by any issues raised. Ensure they understand they are free to leave at any time and give details of additional support they can access if required.
- Set the context for the film by giving some background information and statistics about new dads’ mental health and the transition to fatherhood.

After playing the film

Pause for a few moments and then ask participants to reflect on the film and the impact it has had. Ask them to share their immediate impressions and any key messages they will take from the film.

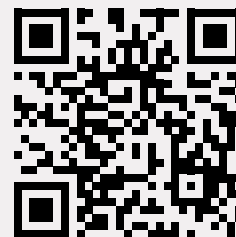
Optional Questions:

1. How does Luke’s behaviour indicate he is struggling?
2. Can you identify risk factors in Luke’s life that may impact on his mental health?
3. How might Luke have been offered support earlier?
4. In what ways has this film made you consider your practice in relation to new fathers?

Feedback

We are evaluating the impact of the film and would really value your feedback.

Please share your thoughts here: <https://forms.office.com/e/0pEFPd9jfn>



Resources and further support

iHV Parent Tip - Emotional Health and Wellbeing - Fathers - bit.ly/3SMWTMI

iHV Parent Tip - How can dads get involved? - bit.ly/402Sjhf

Factographic - New dad? You're not alone... - bit.ly/43Vm84z

MIND (0300 102 1234) - www.mind.org.uk

For iHV members:

GPP – Understanding fathers' mental health and wellbeing during the transition to parenthood - bit.ly/4jRiPBw

GPP – The Importance of Supporting Fathers - bit.ly/4jFOWgR

