DID YOU KNOW?
Nurturing parent-child relationships are important for the healthy development of a child? When the family’s social needs are met, it is more likely that children will succeed in school and work, as well as experience lower rates of chronic disease.***

Your feelings matter, and you are NOT alone!
If you, or someone you know is struggling, call the Lifeline at 1-800-273-8255 (TALK).

Resources
Behavioral Health Treatment Services Locator:
www.findtreatment.samhsa.gov
Postpartum Support International:
www.postpartum.net
Mental Health Information for Kansas Families:
www.kdhe.ks.gov/520/Mental-Health


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POSTPARTUM DEPRESSION

Nearly one in ten fathers experience postpartum depression after the birth of a child. The chances of a father experiencing postpartum depression increases to 50% when the mother is also experiencing it.*

As you transition to parenthood, you may feel increased worry, stress, irritability and anger. These are common symptoms of paternal postpartum depression. If this is your experience, know that you are not alone and you are still a good father!

Percentage of Parents Who Experience Depression

<table>
<thead>
<tr>
<th>Depression Type</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Perinatal Depression</td>
<td>14%</td>
</tr>
<tr>
<td>Paternal Postpartum Depression</td>
<td>10%</td>
</tr>
<tr>
<td>Paternal PPD when Mother Experiences Perinatal Depression</td>
<td>50%</td>
</tr>
</tbody>
</table>

TIPS FOR FATHERS**

**Find someone you can talk to.** If you are not comfortable talking to family or friends, talk to a health care professional or reach out to a support program.

**Sleep is critical.** A good night’s sleep may seem impossible with a newborn, but a lack of sleep can contribute to heightened emotions. Work with your partner or other family members to create a schedule where everyone can get some uninterrupted sleep.

**Take time to yourself.** SELF-CARE IS NOT SELFISH! Being a father is just one of the roles you play. It is important to continue to do the things you love to do! Go to the gym, meet friends for coffee, or have a date night with your partner.

**Share your feelings.** Good communication is the only way to help your partner or other family members understand what you are going through. This is important so that they can support you!

GETTING HELP

Postpartum depression is treatable and people do recover. In fact, early identification and treatment can improve the quality of life for both fathers and their families. Resources are available for fathers and families, including options for finding mental health treatment, social support, and other educational materials, are available here: www.kdhe.ks.gov/DocumentCenter/View/2883/Resources-for-Fathers-PDF.

**Getting help is a sign of strength, not weakness.**