

DADS' MENTAL HEALTH MATTERS

It's time we looked out for Dad



PERINATAL DEPRESSION AND ANXIETY CAN OCCUR IN MEN

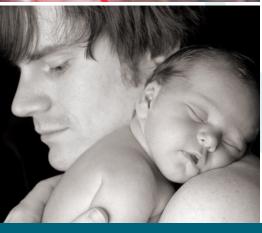
- 1 in 10 expecting or new dads experience perinatal depression or anxiety in Australia
- Perinatal depression and anxiety occurs across the community and can happen to expecting and new dads of all ages and from all backgrounds
- Dads can be affected or traumatised by the birth experience
- Most Dads (56%) do not seek support



Signs & Symptoms

irritable angry agitated
helpless stressed overwhelmed
anxious run down unmotivated
sleep problems working more less patient

loss of confidence lack of interest in sex withdrawing from others



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- Dads want to enjoy fatherhood mental health problems can get in the way
- Dads are important: Dads contribute uniquely to the development of their baby by establishing a positive relationship with them. Babies do well when Dads are involved and play with them the way only Dads can!

What can help?

Be honest: if you have signs and symptoms reach out to someone you trust: a friend, work colleague, your partner, family member or your GP

Treatment is available and worth investing in

Exercise & eat healthily if you can

Professionals: be father inclusive in family care

Let's all ask "How are you going, Dad?"

Dads - Speak Up, Seek Help Early

Information and listings of perinatal psychologists around Australia

Centre for Perinatal Psychology www.centreforperinatalpsychology.com.au