

# NICU Impact

## on Fathers' Mental Health

### Fathers can face mental health challenges after the birth of their child.

Having a baby in the NICU increases the risk that fathers will face these challenges.



Around **17% of fathers** suffer from depression and 18% suffer from anxiety



Up to **1/3 of NICU fathers** suffer from PTSD

### Fathers can do several things to support their mental health while their baby is in the NICU.



**Lean on family and friends** for support



**Prioritize self-care** by balancing time between the NICU and home, exercising and getting enough sleep



**Seek help** from a mental health professional or peer support group



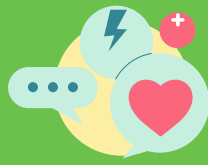
### Health care providers can take steps to help fathers in the NICU.



**Include fathers** in NICU care and bonding



**Implement regular mental health screenings** for fathers



**Provide support groups and education** tailored to fathers

**Together, we can provide NICU fathers the support they deserve.**

