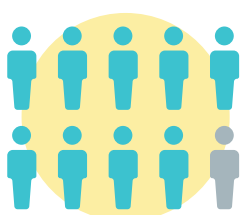


# Fathers Can Experience Postpartum Depression

**Becoming a father is an exciting and significant life event.**

While it's well known that mothers can face postpartum depression, new fathers are at risk too.



**1 in 10 men**  
experience  
postpartum  
depression



**Up to 7%  
of fathers**  
may experience  
PTSD after the birth  
of their child



If their baby was born  
**preterm or the birth  
was traumatic,**  
their risk of postpartum  
depression and PTSD  
increases



**Signs and symptoms a father  
may be struggling include:**



Mood swings



Trouble sleeping



Anger



Withdrawing from  
family and friends



Difficulty bonding  
with their baby

**Raising awareness about paternal  
postpartum depression can:**



Reduce stigma



Help dads  
recognize the  
symptoms



Eliminate barriers  
to screening and  
treatment

**New dads deserve  
their mental health  
to be taken seriously.**

