

# 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

## DADS' MENTAL HEALTH MATTERS

- **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](http://www.centreforperinatalpsychology.com.au)