

# 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)