Life on the Go for Dads by J. M. Farrar

800-273-TALK
National Suicide Prevention Lifeline
United Way First Call for Help 2-1-1
www standoff.com
www.trimmingou.com
www.greened.com
www.saddledx.com

Depression by Karen Kleinman.
Solutions for living with Postpartum
Postpartum Husband: Practical

Resources

Church or synagogue
Trust friends, neighbors, or someone you
Psychiatry
Department of department of
Local hospital, social services
Local mental health agency
Family services agency in your area
Your child's doctor
General practitioner or family doctor
Your area
Men's groups or father's groups in

Understanding Mood Changes

Where can I get help?

Dads can prevent postpartum
depression by:

- Shaping their feelings with their
  partners.
- Encouraging who can deliver diagnosis
  discussing their problems with a
  immediate or hospital.
- Watching for symptoms that signal

Depression can result from depression

- Decrease and ear infections.
- Bottle feeding is not effective to teach
  more likely to put in bed with a
  less likely to be breastfed
  infant syndrome (SIDS)
  to sleep, more at risk for sudden
  less likely to be put on their backs
  fussier and less sick

Additional symptoms of depression may:

- Both suffer from depression are:
- Additively, babies whose parents
  talk, or sing to their babies,
  are less likely to read stories,
  exhibit reduced positive

Postpartum depression:

- Additional symptoms of depression
  in addition to their babies
  exhibit reduced positive

- Where can I get help?

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Possible Reasons For PPD

- Loss of freedom
- Feelings of entrapment
- Financial worries
- Increased responsibility

Possible Reasons For Postpartum Depression Among Dads

- Maternal and baby
  - The connection between the mother and baby
  - A sense of being excluded from resources
  - Economic problems or limited
  - Support from others
  - Poor social functioning
  - Unmarried or single
  - Not expected to be a parent
  - Excessive stress from becoming a partner
  - Excessive stress from chores
  - Parent-child relationship

Possible Reasons For Postpartum Depression Among Men

- Strong feelings of emptiness or sadness
- Feelings of failure
- Lack of support from family and friends
- Withdrawal from others

PPD (Postpartum Depression)

What You Should Know?

- PPD?
  - Increase your chances of experiencing these are some of the things that may

Do You Have PPD?

If you’re like most men, you’ve been

PPD?

PPD?

PPD?