

FATHERS ARE PARTICULARLY VULNERABLE TO MENTAL HEALTH CHALLENGES COMPARED TO ALL MEN. DEPRESSION, ANXIETY, ANGER CONTROL CHALLENGES AND SUBSTANCE USE CHALLENGES ARE SOME COMMON MENTAL HEALTH CHALLENGES FATHERS FACE.



10 PERCENT of new fathers experience symptoms of depression that interfere with their life at home and at work. This is sometimes referred to as Paternal Postpartum Depression (PPD).



The following factors can increase risk of PPD in new fathers:

- A history of Major Depressive Disorder
- Partner has Maternal Postpartum Depression.
- Previous pregnancy loss
- Relationship dissatisfaction
- Job dissatisfaction/loss



Some studies say that up to **50 PERCENT** of new fathers experience PPD if their partner is experiencing depression, too.

When fathers do not receive treatment or support for their mental health challenges, **the whole family can be affected...**

BE THE 1 TO MAKE A DIFFERENCE 

Anyone, anywhere can be the difference for someone experiencing a mental health or substance use challenge. Learn more at www.mentalhealthfirstaid.org.