

DON'T FORGET ABOUT DADS

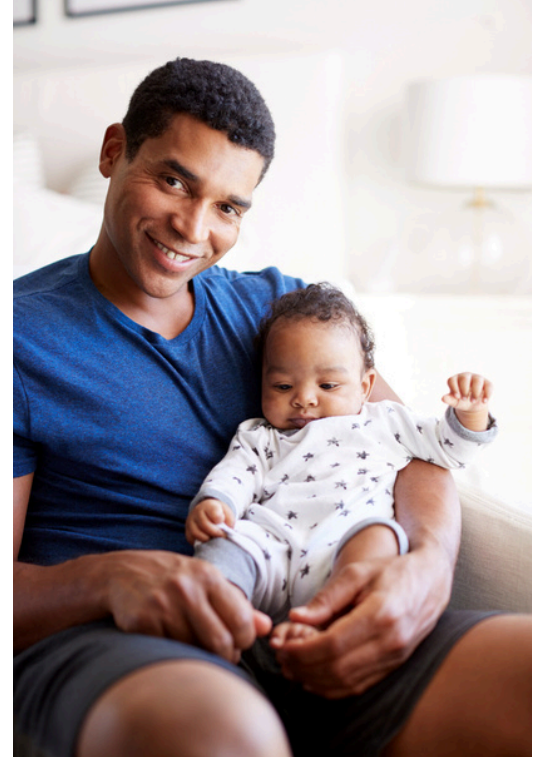
A Mental Health Resource Guide for New Fathers

“I never realized how much becoming a father would change my life.”

Parenthood is not only a dramatic life change for women but for men as well. It can bring incredible joy but can also bring worry, doubt, anxiety and in some cases even depression.

As a new dad, you may not feel comfortable sharing that you are having a difficult time transitioning into fatherhood. These emotions are normal and you are still a good father.

Your feelings matter and you are not alone!



According to the American Academy of Pediatrics, if mom suffers from postpartum depression, it increases dad's chances of paternal depression diagnosis by 50%.

COMMON SIGNS OF PATERNAL DEPRESSION:

- Increased anger and conflict with others
- Increased use of alcohol or other drugs
- Frustration or irritability
- Violent behavior
- Losing weight without trying
- Isolation from friends and family
- Being easily stressed, feeling discouraged
- Physical symptoms such as headaches and stomachaches
- Problems with concentration and motivation
- Loss of interest in work or working constantly
- Avoidant behavior

If you are exhibiting signs of paternal depression, here are some helpful tips:

Find someone you can talk to about being a new dad.

If you are not comfortable talking to friends or family, speak with a health care professional or reach out to a support program listed in this guide.

Sleep is critical.

A good night's sleep may seem impossible with a newborn, but a lack of sleep can contribute to heightened emotions. Work with your partner or other family members to create a schedule where you can get some uninterrupted sleep.

Take time for yourself.

Self-care is not selfish. Being a father is just one of the roles you play. Go to the gym, meet friends for coffee, or have a date night with your partner.

Share your feelings.

Good communication is the only way to help your partner or other family members understand what you are going through so that they can support you.



FIND SUPPORT

Getting help is not a sign of weakness but a sign of strength!

NJ Postpartum Resource and Support Network Program, an initiative of the Partnership for Maternal and Child Health of Northern New Jersey, can help. Please contact us for mental health resources.

Call 973-268-2280 or visit

<https://pmch.org/postpartum-resources/>
for more information.

LEARN MORE

The Family Health Line is a sub-grantee of the Partnership for Maternal and Child Health of Northern New Jersey through funding provided by the NJ Department of Health. It's available Monday - Friday 8 a.m. - 6 p.m. to link you to mental health resources in your community. **Call 1-800-328-3838.**

Postpartum Support International's **Chat with an Expert for Dads** is a phone forum that meets the first Monday of every month. **Visit postpartum.net/get-help/resources-for-fathers.**

Postpartum Men is a website that focuses on paternal depression and provides self-help and resources for fathers. **Visit postpartummen.com.**

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