

Paternal Postpartum Depression (PPPD)

As many as 1 in 10 fathers develop paternal postpartum depression (PPPD). The prevalence increases to 50% when the birthing parent also experiences depression during pregnancy or in the postpartum period. Additionally, up to 18% of fathers can develop an anxiety disorder during the perinatal period (the time between when a person first becomes pregnant until a year after giving birth), such as generalized anxiety disorder, obsessive-compulsive disorder, and post-traumatic stress disorder.

It is important to take care of yourself as you adjust to being a parent while you support your partner and growing family.

Research and data at this time are limited to parents identifying as fathers, however PPPD can impact all partners regardless of gender identity.

10%

OF FATHERS DEVELOP PATERNAL POSTPARTUM DEPRESSION (PPPD).

THE PREVALENCE INCREASES TO

50%

WHEN THE BIRTHING PARTNER ALSO EXPERIENCES DEPRESSION DURING PREGNANCY OR IN THE POSTPARTUM PERIOD.

UP TO 18%

OF FATHERS CAN DEVELOP AN ANXIETY DISORDER DURING THE PERINATAL PERIOD.



You are not alone. Support is available.

If you feel anxious, depressed, or stressed, speak with your healthcare provider.

Join a **Dad Guild** event for connection, education, and community engagement with a supportive network of other dads. For more info, visit www.dadguild.org.



Postpartum Support International (PSI) Vermont

» Call or Text **PSI's Helpline** at **(800) 944-4773** to reach a trained volunteer who will listen, support, encourage, and connect you to local resources as needed.

» **Participate in an Online PSI Support Group** with others navigating the transition to parenthood. Visit www.postpartum.net for info on groups and resources specific to:

- fathers and other partners
- queer and trans parents
- adoptive and foster parents

» **Chat with a Fatherhood Expert** and learn more at www.postpartum.net/get-help/help-for-dads



Help me Grow Vermont connects expecting and new families to mental health clinicians who are experts in treating PMADs and other community services. **This is not a crisis line.** Their hours are Monday – Friday from 8 am until 5 pm. For a referral, you can:

- » **Call 211, option 6**
- » **Text HMGVT to 898211**
- » **Email info@helpmegrowvt.org**

support
DELIVERED

Mental Health Resources for Fathers and Other Caregivers During the Perinatal Period

Expecting and caring for a baby can be an exciting, life-changing time. ***It can also be really challenging.***



SupportDeliveredVT.com

VERMONT
DEPARTMENT OF HEALTH



Symptoms of PPPD can include:

- » Sadness, feeling down and discouraged
- » Anger and irritability
- » Increased conflict
- » Being easily stressed
- » Impulsive behavior like taking risks
- » Increased substance use
- » Low motivation
- » Poor concentration
- » Suicidal thoughts
- » Fatigue
- » Ongoing physical symptoms—headaches, digestion problems, or pain
- » Withdrawal/isolation
- » Working a lot more or less than usual

Risk factors for PPPD may include:

- » Birthing partner perinatal depression
- » Feeling overwhelmed by changing roles as a partner, or being a new parent
- » Struggling to connect with your baby
- » Sleep deprivation
- » Lack of social supports and network
- » Relationship challenges with partner
- » Feeling excluded from birthing parent–infant bonding
- » Changes in lifestyle
- » Hormonal changes including low testosterone levels
- » LGBTQ+ parents are especially vulnerable to the stress of welcoming a baby due to their increased risk for depression & anxiety in the general population

The Vermont Department of Health and the Vermont Department of Mental Health are collaborating on the **Screening, Treatment, & Access for birthing parent & Perinatal Partners (STAMPP) 5-year cooperative agreement funded by HRSA to help expand perinatal mental health services in Vermont.**



How to take steps towards feeling better

- » Prioritize sleep. Consider taking shifts with your partner/other caregivers to increase sleep duration and depth of sleep overnight. Nap if you can.
- » Every parent needs a break. Make time for all caregivers to engage with their interests and hobbies.
- » Maintain social connections and accept support from family, friends, and your community.
- » Communicate about how you're feeling.
- » Eat nutritious foods and stay hydrated.
- » Consider speaking with a mental health therapist for support and to gain new coping strategies during this unique season of life.
- » Consider couples therapy with your partner to learn how to support each other more effectively during this transitional time.

prioritize sleep

accept support

FROM FAMILY, FRIENDS, AND YOUR COMMUNITY

CONSIDER SPEAKING TO A
mental health therapist

COMMUNICATE ABOUT
how you are feeling

every parent needs a break