FÉDÉRATION Nourri-Source

PATERNAL POST-PARTUM DEPRESSION

REACHES 1 FATHER IN 10

Signs to look for:

- Persistent sad mood
- Lack of interest or pleasure in usual activities
- Marked fatigue despite rest
- Appetite or sleep disturbances
- Self-questioning, feelings of inadequacy
- Difficulty concentrating
- In more severe cases dark or morbid thoughts

If several of these signs are present, it's important to listen and accept what he's experiencing without judgment.

Postpartum depression can have an impact on various aspects of his life and those of his family, including breastfeeding

- With proper care, recovery is possible
- Caring support from family, friends and professionals can make all the difference.

Don't hesitate to ask for help

asmfmh.org
nourri-source.org

Amis de la santé mentale
Friends for Mental Health