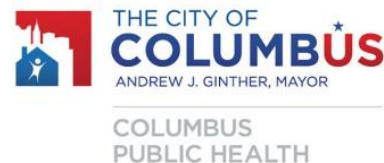




Happy Dads. Healthy Babies.

Infant Vitality Toolkit

New Dads and Depression

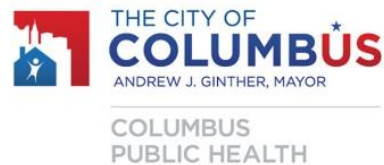


Agenda

- Test Your Knowledge Pre Test
- What is Postpartum Depression?
- General Information
- Resources for Men
- Test Your Knowledge Post Test



Pre-Test



Question 1

True or False: Like women, it is also possible for men to get postpartum depression after their baby is born.

A. True

B. False

Question 2

Which of the following are signs of male postpartum depression?

- A. Becoming irritable, agitated, or angry
- B. Shortness of breath, heart palpitations, or panic attacks
- C. Feelings of worthlessness
- D. All of the above

Question 3

True or False: As a man, it's better to deal with depression alone than to ask for or to find help.

A. True

B. False

Question 4

How can men cope with their postpartum depression?

- A. Talk about your feelings with your partner and/or other new dads
- B. Take care of yourself by eating well, exercising, or doing other activities that reduce stress
- C. See a mental health professional with experience in men's issues
- D. All of the above

Postpartum Depression Resources for Men

- Postpartum Men: Helping Men Beat the Baby Blues and Overcome Depression

<http://postpartummen.com/>

- National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/>

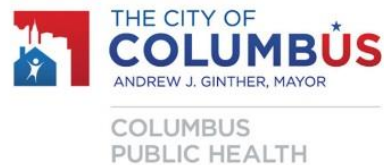




QUESTIONS



Post-Test



Question 1

True or False: Like women, it is also possible for men to get postpartum depression after their baby is born.

A. True

B. False

Question 2

Which of the following are signs of male postpartum depression?

- A. Becoming irritable, agitated, or angry
- B. Shortness of breath, heart palpitations, or panic attacks
- C. Feelings of worthlessness
- D. All of the above

Question 3

True or False: As a man, it's better to deal with depression alone than to ask for or to find help.

A. True

B. False

Question 4

How can men cope with their postpartum depression?

- A. Talk about your feelings with your partner and/or other new dads
- B. Take care of yourself by eating well, exercising, or doing other activities that reduce stress
- C. See a mental health professional with experience in men's issues
- D. All of the above