



Did you know that 1 in 10 Dads experience **Paternal Postnatal Depression** following the birth of their baby?



The symptoms are similar to that of postnatal depression in women.

You may experience any of these feelings below:



You may be more at risk of developing Paternal Postnatal Depression or anxiety if your partner has postnatal depression or you have had depression in the past.

Left untreated it can have significant effects on your health and also the health and wellbeing of your family.

The Health Visiting Team is here to support you and your family if you would like further support.

The health visiting service is available Monday to Friday from 9am to 5pm.



Please contact us if you would like the information in another language or different format.

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتنسيق مختلف.

Bengali আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।
Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutra linguagem ou num formato diferente.

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