

1 in 10

Partners &
Postpartum
Depression



PREGNANCY & POSTPARTUM
SUPPORT MINNESOTA PSI-MN

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At least 10% of non-birthing partners experience postpartum depression.

The odds are higher if the birthing person experienced perinatal anxiety or depression symptoms.

**Depression
in men
can look like:**

- Potentially risky behavior
- Substance abuse
- Overworking
- Feelings of anger versus sadness
- Decreased interest or pleasure in activities you used to enjoy

Postpartum Support International Helpline

1-800-944-4773

National Maternal Mental Health Hotline

1-833-9-HELP4MOMS