

Name: \_\_\_\_\_ D.O.B: \_\_\_\_\_

**I'm here to talk to you about how I've been feeling since I became a father. I'm overwhelmed and exhausted. I'm worried I could have paternal postpartum depression.**

**Here are some of the symptoms of paternal postpartum depression that I have been experiencing: (check as many that apply to you).**

- |  |  |
|--|--|
| <input type="checkbox"/> I'm having trouble sleeping (even when my baby sleeps)    | <input type="checkbox"/> I don't want to be around people, including my family   |
| <input type="checkbox"/> I have been eating much more than usual                   | <input type="checkbox"/> I have so many thoughts swirling around in my head  |
| <input type="checkbox"/> I have lost my appetite                                   | <input type="checkbox"/> I only feel better when I use cigarettes, alcohol or substances   |
| <input type="checkbox"/> I feel sad or miserable                                   | <input type="checkbox"/> I've had out of the ordinary physical symptoms such as headaches, back pain, stomach cramps, panic attacks, difficulties breathing) |
| <input type="checkbox"/> I often feel irritable and angry                          | <input type="checkbox"/> I feel scared about something bad happening   |
| <input type="checkbox"/> I feel disconnected from my partner and baby              | <input type="checkbox"/> Sometimes I wonder if my baby and partner will be better off without me   |
| <input type="checkbox"/> I have been unable to feel joy or happiness               | <input type="checkbox"/> I have had thoughts about wanting to hurt myself  |
| <input type="checkbox"/> I don't feel like I have a bond with my baby              | <input type="checkbox"/> I'm afraid to be alone with my child  |
| <input type="checkbox"/> I have no motivation                                      | <input type="checkbox"/> I've had thoughts about wanting to hurt others  |
| <input type="checkbox"/> I often feel guilty and blame myself when things go wrong | <input type="checkbox"/> Other _____   |
| <input type="checkbox"/> I worry I'm not being a good dad and/ or partner          |  |
| <input type="checkbox"/> I have trouble concentrating or staying focused           |  |

**My baby is \_\_\_\_\_ weeks/months old.**

**I've aware of the risk factors for paternal postpartum depression. I have ticked mine below: (check as many that apply to you).**

- |  |  |
|--|--|
| <input type="checkbox"/> I have had depression or anxiety before becoming a father   | <input type="checkbox"/> I'm a single father                               |
| <input type="checkbox"/> I felt depressed or anxious while my partner was pregnant   | <input type="checkbox"/> I have little help or support outside the family  |
| <input type="checkbox"/> My partner has maternal postpartum depression   | <input type="checkbox"/> My relationship with my partner is not going well |
| <input type="checkbox"/> My family has a history of mental health issues   | <input type="checkbox"/> I am under financial pressure                     |
| <input type="checkbox"/> I have previously experienced trauma (for example: childhood trauma, stressful life event, loss of a loved one) | <input type="checkbox"/> I am currently unemployed                         |
| <input type="checkbox"/> I have had a stressful life event in the past 12 months   | <input type="checkbox"/> I am an older first-time father                   |
|  | <input type="checkbox"/> My baby has health problems                       |
|  | <input type="checkbox"/> I was born in a foreign country                   |
|  | <input type="checkbox"/> This baby was unplanned and/or unwanted           |
|  | <input type="checkbox"/> Other _____                                       |

This checklist is not a diagnostic tool for mental illness. It is designed to create discussion between fathers and healthcare providers about mental illness.

The checklist was created by [ParentingPod.com](http://ParentingPod.com), where experts share information on mental health in order to help families improve their well-being.