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International Father's Mental Health Day – June 19th

Hashtag #dadsMHday

Twitter: @INTFathersMHDay

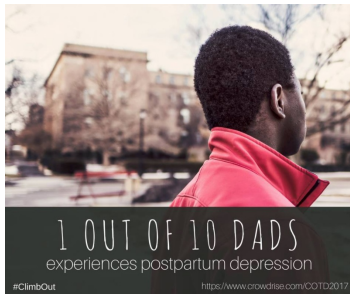
Facebook: www.facebook.com/IntfathersMHDay/

PSI PAGE <http://www.postpartum.net/get-help/resources-for-fathers/ifmhd/>...You'll find other info and links on this page

[PSI Website -- Resources for Dads](#)



Support Postpartum Support International with a donation today!



While June 18th is Father's Day, the following day June 19th is the second annual **International Fathers' Mental Health Day**, the single largest worldwide event highlighting the unique mental health needs of dads in the perinatal period.

In partnership with Postpartum Support International (PSI), this day will reflect a series of social media events focused on the personal stories, the highs, the lows, and the psychology of men going through the transition "from dude to dad." You can get more information – including videos about paternal postpartum depression – on the PSI website:

<http://www.postpartum.net/get-help/resources-for-fathers/ifmhd/>

Like us on Facebook, follow us on Twitter, and be sure to join in on the IFMHD Twitter chat following tag #dadsMHday at 8:30am PST on Monday, June 19th:

<https://www.facebook.com/IntFathersMHDay/>

@intfathermhday

Tough Times in Dadville

By David Levine MD

Comedian Aziz Ansari wrote a book called *Modern Romance* in 2015. It is all about finding your way in the modern tech world of love. What does that have to do with postpartum depression? Well, bear with me a second...



In the book, he tells a story of texting a girl after a hookup where he felt they both had a good time. He waited a few days, and texted her to see if she wanted to catch up for a concert. He agonized over the text when it was not returned after minutes, hours, and days. His emotions ranged from feelings of anger, to sadness and inadequacy. “What did I do wrong?” he asked himself. “Why is she being so mean to me?” he wondered. “Is this person evil? Mean? The devil incarnate?”

Nope. Just a girl.

Now, when your baby is born, you are giving it your all. You are helping change him, rock him, feed him (if you can), and... you get NOTHING! Or, if you do, you get crying, and more crying, and wait for it...more crying...which you often cannot stop. But maybe mom can, or the grandparents, or that person you just met who has never seen children before. But not you.

How does that make you feel? Angry? Sad? Inadequate? Sound familiar? You may ask yourself questions similar to the ones Aziz asked after the girl did not text him back. Is the baby evil? Mean? As you search for the 666 on the back of the baby’s head while she cries and projectile vomits.... Wait, is this the devil incarnate?

Nope. Just a baby. Just a normal baby.

But when you are in the throes of depression, and likely not aware that that is what you are feeling, you don't see a “normal” baby. You see something else. Something not so good. Just like I did.

No one tells you how hard it can be to adjust to a new child. A baby comes with no owner’s manual (and if it does, it is in a language no one can read) and all a normal baby knows how to do is take and take and take. And for some of us, that can be a burden we are ill-equipped to handle. But there is hope. Just as Aziz realizes that the girl is not evil, but likely just not interested and not wanting to lead him on or hurt his feelings, the baby is not evil either. It is just growing and trying to figure things out. It only wants love, and will only learn to give love over time. And it will give LOTS of love. The most wonderful love you will likely ever encounter. It just takes time, and patience. And, if you are like me, support from family, friends, and a good

therapist.

Knowing you are not alone is a powerful thing. It helps put things into perspective, and can make the mountain back into a mole hill.

All you need to do is to ask for help. The hardest thing of all.

That's where we come in.

- Official IFMHD page including an interview with David Levine: <http://www.postpartum.net/get-help/resources-for-fathers/ifmhd/>
- [FMHD on Twitter @INTFathersMHD](#)
- Facebook: www.facebook.com/IntfathersMHD
- [Visit PSI's father-specific resources](#)



Dr. Levine is part of a team of dads working with PSI to celebrate the second annual **International Fathers' Mental Health Day** on June 19th, 2017. Get more information about how to access resources and participate in this one-of-a-kind event focusing on new dads' mental health by checking out the IFMHD pages on Facebook, Twitter, and the PSI website:

- Official IFMHD page including an interview with David Levine: <http://www.postpartum.net/get-help/resources-for-fathers/ifmhd/>
- [FMHD on Twitter @INTFathersMHD](#)
- Facebook: www.facebook.com/IntfathersMHD
- [Visit PSI's father-specific resources](#)

Climb Out of Darkness 2017

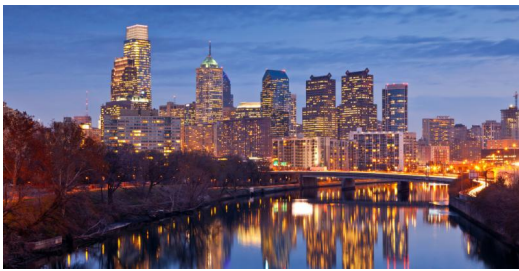
PSI is coordinating Climb Out of Darkness, a fundraiser for perinatal mood disorder awareness.

Entrusted with this highly successful initiative after Postpartum Progress closed its doors and their assets were transferred to PSI, we are honored to continue the #CLIMB. (Read more about that [here](#).)

#CLIMB symbolizes mothers, families and friends across the globe joining together to climb mountains and hike trails to represent their symbolic rise out of the darkness of maternal mental illness and into the light of hope and recovery.

[Read more....](#)





[Join us at the 30th Postpartum Support International Annual Conference in Philadelphia, July 14-15!](#)

We're thrilled about our 30th annual conference, at the University of Pennsylvania Perelman Quadrangle on Friday July 14 – Saturday July 15, 2017. The PSI Conference is always an inspiring and informative event, including the [Pre-Conference PMD Certificate Training Course](#) on July 12-13, fabulous expert keynotes and breakouts on July 14-15, poster session and banquet gala Friday, July 14. We can't wait to see you there!

Register soon for the early bird rate and hotel discount

[Online registration is open!](#)

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Upcoming PSI Training Opportunities

[30th PSI Annual Conference](#) | psioffice@postpartum.net
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Support Warmline ~ English & Spanish ~ 800-944-4773

