

2018 INTERNATIONAL FATHERS' MENTAL HEALTH DAY

MONDAY, JUNE 18TH



Sponsored by:

Postpartum
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#DADSMHDAY

The world's largest
event raising
awareness of
fathers' mental
health

JOIN US FOR A DAY FOCUSED ON THE UNIQUE EXPERIENCES THAT MEN OFTEN HAVE DURING THE JOURNEY "FROM DUDE TO DAD."

THIS YEAR WE'RE DISCUSSING THESE THEMES:

1. MYTHS AND FACTS IN DADS' MENTAL HEALTH
2. DEPRESSION, ANXIETY AND TRAUMA IN FATHERHOOD
3. BUILDING FATHER COMMUNITIES

JOIN IN OUR IFMHD EVENTS ON MONDAY, JUNE 18 2018:

- FB LIVE CHAT – 3PM BST (UK) / 7AM PST / 10AM EST
- TWITTER CHAT – 7PM BST (UK) / 11AM PST / 2PM EST

MORE INFORMATION ON THE POSTPARTUM SUPPORT INTERNATIONAL WEBSITE:

[HTTP://WWW.POSTPARTUM.NET/GET-HELP/RESOURCES-FOR-FATHERS/IFMHD/](http://www.postpartum.net/get-help/resources-for-fathers/ifmhd/)

