

When postpartum depression stole my husband

Three months before Tyler was born, my husband Rob began suffering from insomnia, **paralyzing indecision** and panic attacks. Neither of us had any previous experience with mental illness, and I didn't understand what was happening.

paralyze 使瘫痪；使麻痹

indecision 优柔寡断

I dragged Rob to various doctors. Although Rob was eventually diagnosed with general anxiety disorder and severe depression, the **psychiatrist** never linked the illnesses to the changes associated with becoming a father.

psychiatrist 精神病医生

But when I finally **confided** in my friends about Rob's mental illness, I learned that he was not alone. Yet research has found that 1 in 7 dads in the United States suffer from mood disorders during the **perinatal** period (the time before and after birth), which skyrockets to 1 in 4 dads in the three to six months postpartum.

confide 吐露；信赖

perinatal 围产期的

Will Courtenay, a **psychotherapist**, said **entrenched** cultural norms that men should be "emotionally strong" explain why even trained mental health clinicians are less likely to diagnose anxiety or depression in men than in women.

psychotherapist 心理治疗师

entrenched 根深蒂固的；确立的

Daniel Singley, a psychologist, has studied what he calls the "dude to dad transition" for nearly a decade and says that connection is key for helping men navigate the transition to parenthood.

"Step one is having more conversations about the fact that it's not just women who experience perinatal mental health issues. Step two is providing men with a sense of community so they don't feel isolated," Singley said.