

Even the Darkest Night

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Discussion Questions

1. Before reading *Even the Darkest Night*, what—if anything—was your experience with postnatal depression in fathers?
2. How does Paternal Postnatal Depression in fathers differ from Postpartum Depression in mothers?
3. Despite Dr. Choukalas's profession, he wasn't able to recognize his own symptoms. What did you make of this? If PPND is difficult for a highly trained physician to recognize, what do you think non-medical professionals can do to increase awareness?
4. What are some of the triggers of Dr. Choukalas's PPND? If you have experience with PPND or something similar, what do you think your triggers were?
5. When the author starts opening up to others, especially other fathers, about his struggles, how does it help him? Consider a time when you discussed your own mental health with someone. How did it help you?
6. What barriers—socially, culturally, medically—does the author have to overcome to accept, discuss, and attempt to treat his PPND?
7. When Dr. Choukalas can finally put a name to his sickness, it marks a turning point in his healing journey, something he also found to be true with his own patients and their various diagnoses. Why do you think naming the condition has such a dramatic effect? Have you ever experienced a version of this in your own life?
8. How does the author's healing journey affect other areas of his life—fatherhood, marriage, and even his career? When has a positive change in one area of your life had unexpected ripple effects?
9. What is your biggest takeaway from this book?
10. What do you think is the most important thing you can do to support someone who might be experiencing PPND as a new father?