



## Top Recommendations

- 1 To find a local support group in your area: Visit [www.postpartum.net](http://www.postpartum.net) for assistance in locating a group. These groups can offer referrals as well as an opportunity to speak with other mothers and specially trained professionals.
- 2 Ask for a referral to a doctor that is trained to treat women with PPD. Ask your pediatrician, family doctor, OB/GYN, or person you trust for recommendations. Finding someone you and your wife/significant other both trust and feel comfortable with is essential for recovery.
- 3 Be prepared for a long recovery with set-backs along the way. PPD is not something that can fixed overnight. It may take a few weeks, months or it may take a few years for your partner and for your family to heal.
- 4 Attend as many doctor appointments as possible. This will not only demonstrate to your wife/significant other how much you care about her but it will also give you a chance to communicate with the doctor and hear the doctor's instructions. Don't assume that she is going to be open with the doctor, or that she is going to comprehend or trust what he tells her.
- 5 Continue treatment even when she starts getting better. While discontinuing treatment is very tempting once she starts feeling better. This can be very dangerous. The chances of relapse are much higher if treatment is stopped to early.

6 Get help for yourself and your family  
Don't let the stigma of depression keep you from sharing with others what is going on. There are many people out there willing to help people and they just need to be asked.

7 Love your partner. Be tender, be supportive. Believe her and believe in her. Do not assume she is overreacting or being unreasonable.

8 Be her lifeline. You may be the one who needs to make the call about whether she needs medical attention, She may not be able to ask for it herself.

9 Ask questions. My husband says that if he knew then what he knows now he would have asked me more questions. Can you read? Can you follow a TV plot? Are you hearing things? ETC... Those are things that apply to postpartum psychosis.

### Who to Contact for Help

Postpartum Support International Phone  
(800)944-4PPD (800)944-4773  
[www.postpartum.net](http://www.postpartum.net)  
[www.postpartummen.com](http://www.postpartummen.com)  
[www.depressionafterdelivery.com](http://www.depressionafterdelivery.com)  
[www.Grealdad.com](http://www.Grealdad.com)  
Inland Empire Prenatal Mental Health Collaborative  
[www.iepmhc.org](http://www.iepmhc.org) or (951) 683-6193  
United Way First Call for Help 2-1-1



## Helping Moms with Postpartum Depression

Tips for Partners, Husbands,  
Family & Friends



Pregnancy and postpartum mood and anxiety disorders affect the whole family. Remember that you will get through this with help and support. There is no magic cure, and sometimes recovery seems slow, but things will keep improving if you stick with a plan of healthcare, support and communication. Here are some tips that might help you along the way.

## Common Symptoms of Prenatal

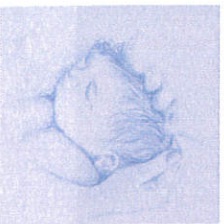
### Depression & Anxiety

- Feeling overwhelmed, exhausted and insecure
- Crying spells, sadness, hopelessness, anger, irritability, frustration repetitive fears and worries.

## Taking Care of Your Stress and

### Emotions

- Ask for help, information, and support for yourself.
- Develop a support team for your family.
- Ask for help Say YES when they offer.
- Talk to other families who have gone through this.
- Spend time with your baby to develop your own confidence.



### How to Help Mom

- Reassure her; this is not her fault; she is not alone; she will get better.
- Encourage her to talk about her feelings and listen without judgment.
- Help with Housework before she asks you.
- Encourage her to take time for herself. Breaks are a necessity; fatigue is a major contributing factor to worsening symptoms.
- Don't expect her to be super-housewife just because she's home all day.
- Be realistic about what time you'll be home, and come home on time.
- Schedule some dates with her and work together to fine a babysitter.
- Offer simple affection and physical comfort, but be patient if she is not up for sex. It's normal for her to have a low sex drive with depression, and rest and recovery

## Dealing with Anger and Irritability

- Do what you can to make sure she eats regularly through out the day because low blood sugar results in a low mood and frustration, have healthy and easy snacks on hand.
- Do your best to listen for the real request at the heart of her frustration. Reduce conflict by telling her "I know we can work this out. I am listening"
- Keep the lines of communication open. Verbalize your feelings instead of distancing from her. It is helpful to take a break if your tempers are hot, but do get back to communicating.
- If she is expressing anger in such a way that you can't stay supportive, you might say something like: "I want to listen to you. I know this is important, but I'm having a hard time because you're so mad at me. Can we take a break and talk about it later?"
- Ask how you can help . If she doesn't know, make some suggestions.

