Helping Moms

Depression with Postpartum

Tips for Partners, Husbands,

Family & Friends

1. **Top Recommendations**
   - Tell your partner that you are feeling depressed.
   - Do not blame your partner for your feelings.
   - Look for a support group or counseling.
   - Support your partner emotionally.
   - Get help from a healthcare provider.

2. **Ask for a referral to a doctor who is experienced in depression and anxiety management.**

3. **Contact your local mental health provider.**

4. **Ask your doctor for a referral to a mental health professional.**

5. **Continued treatment even when the symptoms appear better.**

6. **Seek professional help.**

7. **Stay connected with others.**

8. **Be patient with your partner.**

9. **Ask for a referral to a mental health professional.**

10. **Be kind to your family.**

11. **Seek support from friends and family.**

12. **Exercise regularly.**

13. **Eat a healthy diet.**

14. **Get enough sleep.**

15. **Limit caffeine and alcohol.**

16. **Seek professional help.**

17. **Join a local support group.**

18. **Contact your local mental health provider.**

19. **Seek help from a mental health professional.**

20. **Be patient with your partner.**

**Depression**

Postpartum depression can be a difficult time for both the mother and her partner. It is important to seek help if you are experiencing symptoms of depression.

**Tips for Partners, Husbands, Family & Friends**

- **Communicate with your partner.**
- **Encourage your partner to seek professional help.**
- **Be patient with your partner.**
- **Stay connected with others.**
- **Seek support from friends and family.**
- **Be kind to your family.**
- **Seek professional help.**

**Depression with Postpartum**

Postpartum depression is a type of depression that can occur after the birth of a baby. It can be challenging for both the mother and her partner. It is important to seek help if you are experiencing symptoms of depression.

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Emotions

Tackling Care of Your Stress and Anxiety

Depression & Anxiety

Common Symptoms of Prenatal Depression

How to Help Mom

Dealing with Nausea and Distress

Communication

Ask how you can help. If she is expressing anger in such a way that you can’t stay supportive, develop a support team for your family.

Offer simple affection and physical comfort together to give a baby-sitter a break. Schedule some quiet time with her and work home, and come home on time. Be realistic about what time you’ll be just because she’s home all day.

Don’t expect her to be super-housewife without symptoms.

Supporting factors to worsening

Breasts are a necessity. Hanging is a triumph.

Help with housework before she asks you.

Encouraging her to talk about her feelings.

Positive Affirmations: "I know we can work this out. I am not alone; she will get better.

Encouraging her to ask about her feelings.

Pregnancy and postpartum mood and anxiety disorders affect the whole family. Remember that you will get through this.

Talk to other families who have gone through this.

Ask for help when they need it.

Develop a support team for your family.

Ask for help, information, and support for yourself.

Working transactional fears and vulnerabilities, self-hatred, irrational self-talk and insecurities, feeling overwhelmed, exhausted.

Feeling overwhelmed, exhausted.

Feeling loved, understood, supported.

Crying spells of sadness.

Proposed diagnosis, anorexia.

Helping her to take a break.

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