



PERINATAL SUPPORT FOR YOUR FAMILY & FRIENDS

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

Talk with your family member or friend

“I want to know how you are feeling and I’m here to talk.”

“I am concerned about you. It’s hard to take care of a baby and adjust to being a mom all at once.”

“I want to make some time to talk once a day about your feelings, wants, and needs. Everyone is so focused on the baby and I know you need support as well.”

Provide tangible support

“What would be helpful? I would like to take on more of the daily chores during this transition.”

“Could we schedule a time for you and I to spend together once a week, just us?”

“Can I share nighttime responsibilities so you can also get what you need? We can create a schedule together.”

Reach out for help

Help for partners and families at Postpartum Support International:
www.postpartum.net/get-help/family

Information for men affected by postpartum depression:
www.postpartummen.com/postpartum-depression

Online support meetings at Postpartum Support International:
www.postpartum.net/get-help/psi-online-support-meetings