

Tips on Staying Well Fact Sheet

For Mothers, Partners, Husbands, Family & Friends

Pregnancy and postpartum mood and anxiety disorders affect the whole family. Here are some tips that might help you along the way.

Taking Care of Your Stress and Emotions

- Don't be afraid to ask for help, you are not alone.
- Get support from family and friends
- Dads can have emotional changes too, and may need help and treatment.
- It is important to be there for each other.
- Keep active by walking or any exercise that makes you feel better.
- Try to sleep for at least four (4) hours at one time each day.
- Rest when you baby rests.
- Eat a healthy diet every day.
- Drink eight (8) glasses of water every day.
- Keep taking your prenatal vitamins every day.



How Can Fathers/Significant Others Help Mom?

- Reassure her; this is not her fault; she is not alone; she will get better.
- Love your partner. Be tender, be supportive.
- Encourage her to take time for herself and to talk about her feelings.
- Attend as many doctor appointments as possible. This will give you a chance to talk with the doctor. She may not understand what she needs.



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How to Deal with Anger and Irritability

- 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.



Top Recommendations

- Talk to a counselor or doctor who understands what you are going through.
- Don't give up! It may take more than one try to get to the help and treatment you need.
- Join a support group in your area or online. Call Postpartum Support International to find a support group in your area or online.

Who to Contact for Help

If these things are happening or you experience them in the future, please tell your doctor right away.



OTHER RESOURCES:

Postpartum Support International
(800)944-4PDD (800)944-4773

www.postpartum.net

Inland Empire Prenatal Mental Health Collaborative

www.iepmhc.org (951)683-5193