

# How a Partner can Help

Supporting your partner's mental health into parenthood

1

## Normalize feelings

sounds like: "of course you're feeling down - this is really hard!"

2

## Share appreciation

sounds like: "thank you for being such a devoted mother/father/parent."

3

## Enlist help from (trusted) family and friends

(remember to ask your partner who they are comfortable with - this may be different from who you have in mind).

4

## Promote open, non-judgmental communication

sounds like: "can you tell me more about which parts are the most difficult for you?"

5

## Educate yourself on Perinatal Mood & Anxiety Disorders

start with Postpartum Support International: [postpartum.net](http://postpartum.net)

6

## Support N.E.S.T.S. by being **INSISTENT & SPECIFIC**

sounds like: "go take the next 30 minutes to have a shower. I will listen for the baby and rub her back if she wakes up."



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