

# How to help someone experiencing post-partum depression.

*It's important to know that postpartum depression is no one's fault, but you can play a big role in a loved one's recovery. Here are some tips on supporting a loved one who experiences postpartum depression:*

*Source: Canadian Mental Health Association*



- ✓ Remember that every parent and child is unique and it's not useful to compare two people or two families.
- ✓ Managing postpartum depression can take a lot of hard work. Recognize a loved one's efforts regardless of the outcome.
- ✓ Offer help with daily responsibilities. Often, offers of help from friends and neighbours are strong in the first month or two, but may be needed just as much, or more, in later months.
- ✓ Understand that people who experience postpartum depression may want to spend a lot of time alone. This can hurt, but try to remember that it isn't about you. They are simply trying to cope with an illness.