

What husbands, family members, friends and other support people can do to assist a Mother going through post partum difficulties. *Know that without a doubt, your concern and action will help transform the Mother by her accepting her illness and moving towards healing and forgiveness! Remember...it is natural for the Mother to have relapses on her healing journey. Remind her to stand right back up and be positive with herself, again; keep moving forward by practicing the tools until they become second nature! And they will!*

- **Listen to the sufferers.** If she phones and says she isn't feeling good or needs a break, do whatever you can to help them; especially, encouraging her to seek treatment, that being a doctor and counsellor. When people are desperate they usually give signs of distress (e.g.: not understanding why they are feeling the way they are, they are scared; they feel numb of all feelings, etc.), **IT IS SO IMPORTANT YOU LISTEN TO THESE SIGNS OF DISTRESS and ACT!**
- It is **imperative** that you give importance to her illness and do not downplay, criticize, or ignore.
- **Encourage her to research** what medications are available and have been successful for others – you can assist with this research. Remember that once she begins taking medication it will affect her sleep patterns and she may be very tired and need rest, regularly. Give her the space and time to rest.
- **Validate her feelings** by asking if she is okay or if she needs to talk – this is very important. Many suffers of PPD are dealing with their illness and do not know if they will be accepted by family and friends. Accept PPD as an illness, just like Cancer or Diabetes; imagine that person has a broken leg and is caring for a child, what would you do to help?
- Encourage the Mother to find a Post Partum Support Group or find one for her! If you have to attend the first meeting with her; do it!
- Give that person reprieve from caring for the child anytime you can. **BREAKS** are very important and they will allow that person to refresh and keep their mind from worry. Give her the choice to do whatever they want with the break; if that means shop, sleep or pamper...so be it.
- **Find a trustworthy babysitter** for your child so that you **ALSO** have breaks and time to rest.
- Encourage Mothers with positive energy and inspiration. *Carla's sister helped her by sending her inspirational text messages every morning and telling her what an inspiration she was to her.*
- Give Moms light-hearted books, beautiful calendars, relaxation CDs, funny movies and make them **LAUGH**, again!
- Give her positive reinforcement every day, and tell her what an important job she is doing taking care of her little one!