



6 WAYS TO SUPPORT SOMEONE STRUGGLING WITH POSTPARTUM DEPRESSION



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1
one

LISTEN TO THEIR FEELINGS

Someone who is struggling with postpartum depression probably has a lot of feelings (sadness, guilt, shame, anger, etc.). Don't ignore these feelings, be there & listen without judgement

DON'T COMPARE

If you have children yourself, do not compare your experience with their experience. By doing this you may perpetuate the guilt and shame they are already feeling.

2
two

REMIND THEM THIS IS TEMPORARY

They may be feeling like things will never get better & they will never feel like themselves again. Remind them that this is not true and these symptoms are not part of their identity. It may take time but they will overcome this struggle.

3
three



MAKE SPECIFIC PLANS

Find specific things you can do for them & their family. Rather than asking what they need, offer specific ways you can help. For example, bring over dinner one night or clean their dishes without asking.

REASSURE THEM

There are a lot of fears that come along with PPD so try listening and reassuring them that they are a good parent even if they don't feel like it



SUPPORT THEIR DECISIONS

If someone is struggling with PPD may end up seeking treatment, including therapy & even medication. If they make this decision (with their doctor), be supportive. PPD may also influence their decision on feeding, whatever they decide your support is important.

