



# QUICK GUIDE: SAY THIS, NOT THAT

OUR GOAL IS TO HELP TPS FAMILIES IDENTIFY THE NEED FOR, AND PROVIDE ACCESS TO, SUPPORTS DURING THE POSTPARTUM PERIOD

**Navigating Postpartum Depression or Anxiety as a family requires an exceptional amount of patience from a partner. It can be easy to succumb to your frustration, confusion and hurt because of the sudden change in the person you care about so much. It's important to remember that this is a temporary time in your lives and your partner will return to her former self. Here are some things NOT to say to a struggling partner and what to say instead.**

## Say This

I understand how hard this is for you. With treatment you will start to feel better.

I'm here to listen. What is it that you want to share right now?

I think we should make an appointment together to talk to someone about how you are feeling.

I love you and I want to help. Is there anything I can do today to give you a chance to rest?

I know you don't feel good right now. You are a good mother.

You are doing all the right things to get better. (therapy, meds, etc.)

I know how hard you are working right now. It will get better with treatment.

I am right here beside you to help you get through this illness. (If there are next steps to take re: accessing treatment suggest them)

## Not That

Snap out of it

I'm tired of you feeling this way

You need to figure this out

I don't like who you've become

This is supposed to be a happy time.

You'd feel better if you just....

This is just what motherhood is, it's normal

You're strong enough to get through this alone