



Love about
yourself what
others see
in you

Helping Hand

What you can do to help someone with Postnatal Depression

EMOTIONAL

CHECKLIST

- OFFER, DO NOT FORCE, SOCIAL INTERACTION
- TEXT OR CALL "JUST CHECKING IN AT CONSIDERATE TIMES (BABY ROUTINE!)"
- LISTEN WITHOUT JUDGEMENT - ALWAYS

PHYSICAL

CHECKLIST

- OFFER BABYSITTING FOR SOME ALONE TIME
- OFFER, DO NOT FORCE, HOUSEHOLD HELP, LIKE DOING THE WASHING UP
- MAKE A MEAL AND LET THEM EAT WHILE YOU LOOK AFTER THE BABY

OTHERS

CHECKLIST

- PROVIDE CONTACTS FOR SUPPORT NETWORKS AND CHARITIES
- DO NOT OFFER ADVICE - JUST BE THERE
- OFFER ASSISTANCE IN PHYSICAL AND EMOTIONAL THINGS, NOT SOLUTIONS

Sign Spotter

You do not have to hate your baby to have Postnatal Depression

EMOTIONAL

CHECKLIST

- LONELINESS, ANGER, NO JOY
- IRRATIONAL THOUGHTS (UNUSUAL FOR YOU) OR THOUGHTS OF SELF HARM
- ANXIOUS, IRRITABLE, VERY LOW MOOD

PHYSICAL

CHECKLIST

- ANXIETY ATTACKS, PALPITATIONS, SWEATS, NAUSEA
- LITTLE OR NO SEX DRIVE
- CHANGE IN EATING HABITS

OTHERS

CHECKLIST

- NOT WANTING TO SOCIALISE OR PUTTING ON A "FRONT" AROUND OTHERS
- FEELINGS OF GUILT AROUND PARENTING
- INDIFFERENCE OR ANGER TOWARDS BABY, PARTNER OR OTHER CHILDREN