Helping your partner

Some Mums get depression or anxiety. This can happen in pregnancy or after baby is born. There are things you can do to help your partner.

• **Talk to her.**
  How does she feel about being a Mum?

• **Help with baby and other kids.**
  Spend time with them. Let Mum have a rest.

• **Share the housework.**
  You are a team. Work at it together.

• **Go to baby’s appointments.**
  Learn together. Help each other.

• **Look out for signs she’s not coping.**
  Suggest she visit a doctor, nurse or Aboriginal health worker.

• **Tell her she’s a good Mum.**
  She might think she’s making too many mistakes. Remind her she’s doing her best.

Services

Get help from your local Aboriginal health worker, nurse or doctor.

You can also call these numbers:

• **Yorgum Aboriginal Corporation**
  9218 9477

• **Dads WA**
  9368 9379 (metro), 1800 111 546 (rural)

• **Mensline (24 hour)**
  1300 78 99 78

• **Pregnancy Birth and Baby helpline (24 hour)**
  – 1800 882 436

• **Parenting WA (24 hour)**
  1800 654 432

• **Lifeline (24 hour)**
  13 11 14

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Feelings when you have a baby

Dads with a new baby feel lots of different emotions.

You might feel:
• Happy,
• Excited,
• Worried,
• Scared,
• Tired,
• Grumpy,
• Sad, or
• Confused.

All these feelings are normal.

Feelings to look out for

Having a baby is hard for Dad as well as Mum. Feeling very sad, grumpy or stressed might be a sign of depression or anxiety.

Some symptoms of depression or anxiety:
• Worry that stops you sleeping
• Fast heart-beat, sick in the stomach, dizzy
• Afraid that something will go wrong
• May not want to go places or see family and friends
• Need for control
• Feeling very down or angry
• Less energy
• Wanting time out to clear your mind.

People with anxiety or depression can have other symptoms too. They might use alcohol or drugs to cope. They might think about hurting themselves.

Taking care of yourself

• **Spend time with your partner.** Talk with her about how you’re both going.
• **Have a go.** Do the best you can. Things will get easier with time.
• **Spend time with baby.** Help with bath or dinner time. Read books and play together.
• **Talk to friends and family.** Have a yarn with Dad, Pop, Uncle, brothers or cousins. They might know just what it’s like to be a Dad.
• **Eat healthy food and exercise.** Don’t drink alcohol or take drugs. Eat plenty of fruit and vegies.
• **Talk to an Aboriginal health worker, doctor or nurse.** Sometimes counselling or medication can help too.