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Partners and Postpartum Depression: What Partners Need to Know:

Postpartum Depression is more common than most realize. What are the causes? Either stress saturation (many significant life changes or stressors occurring at the same time), changes in hormone levels, or a combination of the two. PPD can be treated with counseling, medication or both.

Read through the questions asked in the [pregnancy](#) and [postpartum](#) sections to get a better idea of whether your partner may have PPD.

Additional signs that your partner may be suffering with Postpartum Depression can include:

1. teariness that hasn't stopped after the first 6 weeks
2. lack of bonding with or interest in the baby
3. losing the baby weight very quickly
4. not sleeping well or exhaustion despite sleeping a lot.

As a partner, you are often closest to the situation. If you suspect your partner is struggling, the most loving thing you can do is to help her to get an evaluation and some extra support.

Partners may also experience symptoms of depression as they make this significant life adjustment. Counseling for you with or without the new mom can be helpful.