

# HOW PARTNERS, FAMILY AND FRIENDS CAN HELP

**Twins trust.**

We support twins, triplets and more...

## THOSE WITH PND

Both women and men can experience Postnatal Depression (PND), especially when caring for twins, triplets and more. You can help them to share their feelings and to get the help they need.

### PRACTICAL HELP

Do all you can to help with the practical things like:

- Feeding
- Changing nappies
- Cooking
- Shopping
- Housework

This is especially important at the beginning of the day when the mum or dad may feel particularly low, and also towards the end of the day when they are likely to be most tired.

### EMOTIONAL SUPPORT

Be informed about the symptoms of postnatal depression (PND)

Check out our website: <https://twinstrust.org/let-us-help/pregnancy-and-birth/coming-home/mental-health/postnatal-depression.html>

Also: [www.nhs.uk/conditions/postnataldepression](http://www.nhs.uk/conditions/postnataldepression) or [www.rcpsych.ac.uk/healthadvice/problemsdisorders/postnataldepression.aspx](http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/postnataldepression.aspx)

When someone has PND:

- Listen to them and be patient
- Acknowledge how they are feeling
- Offer them support and encouragement
- Reassure them.

Encourage them to seek professional help:

- Doctor
- Midwife
- Health Visitor Offer to go with them if they want moral support.

If you are the partner don't blame yourself or try to solve your partner's depression.

The best thing you can do is to encourage your partner to share their feelings and seek outside help.

**If someone has PND be patient with them.**

- Think of them as someone who is physically unwell
- Support and encourage their recovery.

**Try to act as a buffer to protect your partner, friend or family member from outside stress and upsetting situations.**

**PND is an illness.**

- The person suffering cannot just 'cheer up' or 'snap out of it'
- They need support
- Their partner, family members or friends may also need support.

**Don't ignore any suicide threats.**

- Take your partner, friend or family member seriously if they talk about not wanting to live or about harming themselves.
- Make sure they seek help urgently.
- Contact the Samaritans for support and advice.  
<https://www.samaritans.org/>

**If you suspect they may harm the babies, make sure someone is with them until they are feeling better.**

Don't leave them alone with the babies. Contact your GP, or get in touch with the NSPCC help team on 0808 800 5000 or by emailing [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

**Look after yourself too – it can be deeply distressing and tiring living with or supporting someone suffering from depression, as well as coping with twins, triplets and more.**

Make sure that you also have a support network of your family and friends and someone to talk to.

**Keep a safety net of phone numbers to call in a crisis.**

**Ask for support for yourself. You too may find counselling helpful.**

Twins Trust has a Community Forum, designed to offer a supportive environment for parents or carers of twins, triplets or more – somewhere to connect and talk to each other.  
<https://twinstrust.org/let-us-help/forum.html>

**Twinline: 0800 138 0509** (10am-1pm & 7pm-10pm Monday to Friday)  
or email [asktwinline@twinstrust.org](mailto:asktwinline@twinstrust.org)

 [www.twinstrust.org](http://www.twinstrust.org)

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