

COMBATING STIGMA AROUND MENTAL ILLNESS

A Guide for Parents

There is often stigma associated with mental illness in which case mental illnesses aren't given importance or seen as treatment-worthy. They are seen more from a social than a healthcare perspective and this is something that we as a society need to fight against. As parents, the responsibility of taking care of children coupled with the stress of maintaining a work-life balance can be challenging. It is never wrong to seek help if you feel overwhelmed. Here are some tips to help you move towards mental wellness and combat the stigma associated with mental illness.

Postpartum depression

Pregnancy is an extremely tumultuous and exhausting time. It is a period of intense hormonal change, which affects both the body and the mind. After the birth of a child, mother's often feel out of their depth and potentially fall into an intense bout of depression. These feelings are never invalid, but it is important to get enough help and support from their partner in order to heal from the experience.



Anxiety and depression

associated with parenthood

It is a life-long commitment to have a child, so it is normal to feel a little out of your depth when it comes to your role as a parent. Children not only require physical care, but also emotional and mental support, which can be an overwhelming experience for new parents. There is no objectively right way to parent a child; there are many different ways depending on you and your partner.



Create a safe space at home

Children should have an environment in which they are encouraged to share without judgment. Make sure your child is assured that they can trust you with their struggles and that they always have your support.



Practice wellness at home

Actions speak louder than words, and by engaging in mental breaks and self-care routines, children will pick up on its importance fairly quickly.

