

# Download The Postpartum Husband Practical Solutions For Living With Postpartum Depression

Postpartum Support International is dedicated to helping women suffering from perinatal mood and anxiety disorders. Visit our PSI Bookstore page for more Postpartum Mood Disorders: An Informational Guide For Couples. By: Christina G. Hibbert, Psy.D. [info@psychotherapy.com](mailto:info@psychotherapy.com) MYTHS OF MOTHERHOOD . Modern American society has fostered many "myths of motherhood" that play a major role in the development of Postpartum Mood Disorders (PPMD). If you are a father and not experiencing problems with your mood, but have a partner who you believe has postpartum depression, please visit [PostpartumDads.org](http://PostpartumDads.org). Thanks, Karen. I had some issues with this after the birth of my first child. With medication, it cleared up in about 3-6 weeks. I had a history of PMDD and was sort of on the lookout for post partum., The Postpartum Husband Practical Solutions For Living With Postpartum Depression.

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