

Apr 2021

Partner Peer Support Project at APP

At APP we know how difficult postpartum psychosis can be, not just for the women who develop it, but also for their partners and families. The trauma can have a **lasting effect, particularly on partners and their mental health**, which in turn can impact the whole family.

Simon is APP's Partner Peer Support Facilitator. He and his team of trained volunteers **support the partners** of women who develop PP. We want to make sure we're reaching as many partners as possible who need us.

We know that **partners contact us at many different stages** in their journey, from the early days of the crisis, during recovery, and in some instances even years later. Sometimes, it can simply be during a quiet time at home, when mums are recovering and everything is looking much better, that the traumatic events of postpartum psychosis hit partners the hardest.

APP is here to support no matter when that time comes. Our trained dads and partners offer support through:

- Email, text, telephone call or video call;
- APP Partners' [Facebook page](#);
- Our anonymous online peer support [forum](#);
- Our information [website](#);
- A [Partners Information Guide](#) written by partners, clinicians and academics.

APP Partner Feedback

We know from the feedback we receive, that talking to another partner with lived experience of PP can help. While we can't change the journey, we can be a helping hand through it and we can be a positive memory in a families' PP experience.

"I can only speak on my own behalf as a husband whose wife suffered from PP: I am really thankful to have been linked with an APP Partner and for the time he has spent talking to me via emails. It was good for me to speak about my story to someone who understands PP. At the time of finding APP, I felt completely alone with the situation and I was scared. APP has helped me to speak about what happened and my feelings and emotions."

"There are no words in which I could explain how much me and my wife owe you."

"...thank you so much for your help - I really appreciate it. Me and my wife's family cannot say enough good things about APP and how much they have helped us."

Contact Simon

Simon would like to build strong links with MBUs, PMH teams, and other dads /partners peer workers. You can contact Simon (simon@app-network.org) to find out more about the ways he can support your work, and how to signpost families affected by PP. There is no cost to the service or family.

responding to severe postnatal mental illness