

LIBERATE
LIFE



supporting your partner's mental health



Tips on helping your
partner through
emotional challenges

Mental health issues and emotional challenges can affect anyone, no matter who you are. **There are ways to get through hard times as a couple. Here are a couple of tips:**

Noticing changes

- Knowing exactly what your partner's experiencing can help you both. Although changes caused by a mental health condition (like depression or anxiety) can be subtle and gradual, some are quicker to pick up on.¹ Perhaps they seem more tense than usual or constantly feel down^{2,3}
- A healthcare professional can help find out what's going on and recommend the best course of action depending on how long there's been an issue and how much it impacts your partner's life

Supporting positive mental health



Be a listening ear

- Have an open conversation with them and listen to their worries
- Allow them the time to open up



Get informed

- Read up about haemophilia and mental health
- Look up information and therapy options together



Seek professional help

- Encourage them to also speak with their haemophilia team for care solutions tailored to their needs
- Suggest they see a GP and join them for the appointment
- Remember, effective therapies are available (both talking and medicinal)



Help them keep on track

- Offer to help with treatment (such as reminders) and physio exercises



Encourage self-care

- Find ways to keep active, eat healthily and get involved in activities together
- Surround yourselves with close relatives and trusted friends

More than anything, you're a team. A mental health issue does not define your partner or your relationship – **it's how you work through it together as a couple that matters**, through the good days and the bad ones.

This factsheet has been co-created by healthcare professionals and people with haemophilia.

Any medical information is for informational purposes only and is not a replacement for advice given by a physician or other medical professionals.

If you feel that you or your partner need urgent support because of their mental health, reach out to the emergency services or a confidential helpline straight away.

Samaritans (24/7 support): Call free on 116 213 <update with local contact details>.

If you are interested in learning more about how to help your partner live well with haemophilia, take a look at the following information on joint health:

<add URL>

References: 1. Rethink Mental Health. Worried about your mental health? (accessed February 2020). 2. NHS. How to help someone with depression (accessed March 2020). 3. Mind. Anxiety and panic attacks (accessed March 2020).

