

# Hypertension in Pregnancy



Info, support, and resources for **new** and **soon-to-be** Aboriginal and Torres Strait Islander dads.

If your partner has been diagnosed with **high blood pressure** during pregnancy...



## Hypertension

during pregnancy can increase the complications for your partner and your bub.

## Your support matters.

- Stay **calm** and be **reassuring**.
- **Help** her follow the doctors **advice**.
- Be her **advocate** if she needs **help**.

## Here is how you can help...

- Encourage her to take her meds.
- Go to appointments with her when you can. Your presence makes her feel safe.
- Help her go easy and keep the yarns positive.
- Watch for warning signs like deadly headaches, vision changes, or swelling.



**SMS4dads**

Free mental health yarns, deadly tips, and support created for Aboriginal and Torres Strait Islander dads.

[SMS4DeadlyDads.com](http://SMS4DeadlyDads.com)





There are **more** ways  
we **support** dads...

You may find our **other**  
**resources** helpful...



SMS4DeadlyDads DL Flyer



Want to be a Deadly Dad? Poster



SMS4DeadlyDads Poster



Info for Mums about New Dads

SMS4DeadlyDads creates **resources** that **help** dad  
through **pregnancy, birth,** and the challenges of **early**  
**parenthood.**

Supported dads create more **resilient bubs** and **healthier families.**



Scan the QR Code to **access**  
our full range of **resources** or  
sign up to **SMS4DeadlyDads**

