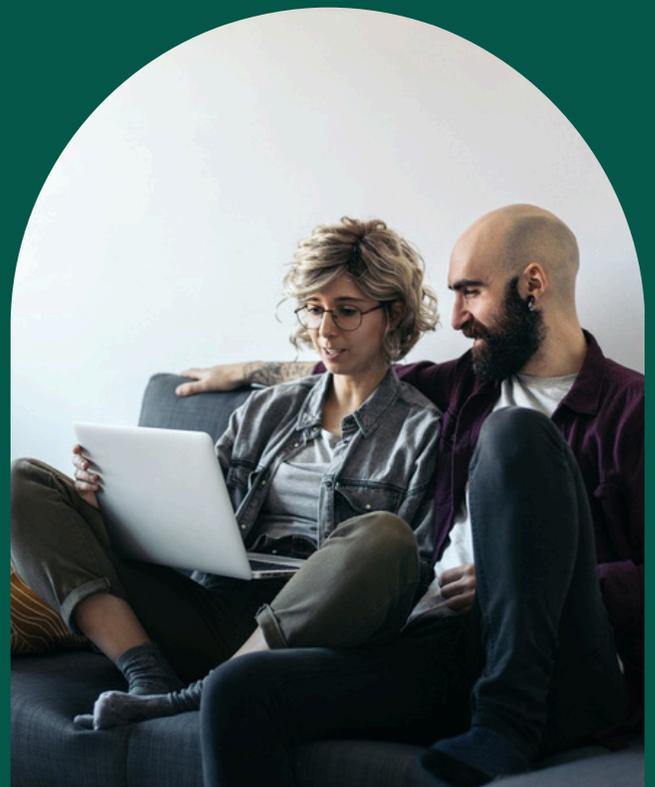


Maven's guide to supporting your partner during fertility treatments

Going through fertility treatments can be tough on your relationship. Throughout the process, it's important for you and your partner to support one another—remember, you're on the same team. Here are some ways you can help your partner through it.

You can join Maven for free 24/7 support [here](#).



Recognize that everyone reacts differently

Don't be surprised if you and your partner aren't always on the same page during your fertility journey. If you're struggling to communicate, it can be helpful to consult a professional. Maven Mental Health Providers can help you work through tough feelings together.

Know that all feelings are valid

There's no "right" or "wrong" way to feel when you're dealing with fertility issues. "Fertility challenges can lead to a range of emotions from hopefulness to excitement, sadness, depression, anger, rage, resentment, disappointment, disbelief, denial, shame, guilt, and more," says Maven Mental Health Provider Aditi Gohil, LPC, PMH-C.

Support their mental health

Going through fertility struggles is hard but you can help your partner reach out for help. "If your partner is increasingly tearful, isolating or pulling away from others, has difficulty sleeping or eating, or struggles to complete daily tasks, reaching out for mental health support may be necessary," says Maven Mental Health Provider Cynthia Coffelt, LCSW.

And take care of your own mental health

Ever heard the phrase, "you can't pour from an empty cup?" If you notice that you're struggling with your own mental health to the point where your typical coping mechanisms aren't working, find time to speak with someone in person or on Maven.

Find practical ways to offer support

Think of ways to make things easier for them when they're going through treatment:

- Stock up on nausea-friendly snacks. Do a grocery run for ginger ale, salty crackers, applesauce, and other snacks.
- Try to reduce daily stresses. Figure out what you can take on or outsource in terms of household responsibilities and everyday chores.

Join Maven
today for free!



Know when it's time to suggest taking a break

Fertility struggles can be isolating. Some people find it comforting to open up to their loved ones about it, while others are much more private. Make sure that you and your partner are on the same page about sharing, agreeing on what you'll share and with whom. You may have to compromise here, but be sure to have each other's backs.

Stay involved with the fertility treatment as much as possible

Depending on what the treatment protocol is for you and your partner, there are different ways to stay involved and show your support even if you're not the one undergoing treatment. Some possibilities:

- Set up a calendar with all the timing information for your partner's medications and appointments
- Offer to help administer any at-home injections, especially if your partner is squeamish about shots
- Go with your partner to fertility clinic appointments whenever possible, or join them via video calls if your clinic allows it

Get on the same page about sharing

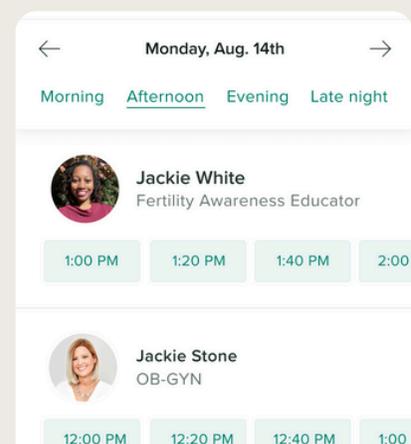
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How Maven can help

You and your partner may be going through a hard time—but you're not alone. Maven can help you through the physical, mental, and emotional struggles of fertility treatments. Meet 24/7 with Maven providers like reproductive endocrinologists, fertility awareness educators, nutrition coaches and more.

Maven can help you with:

- Navigating fertility treatments like egg freezing, IUI, and IVF
- Managing your mental health
- Protecting your relationship while trying to conceive



Join Maven for free today and get the fertility support you need, when you need it at mavenclinic.com/join/partnerfertilitysupport

