

Supplementary Materials

Table S1. All themes extracted.

| Meaning units thematized |
|-------------------------------------------------------------------------------------------------------------------|
| Ability-to-ask-to-approach-to-engage |
| Ambivalence-emotional-turmoil |
| Awareness-oneself-or-family |
| Being identified and helped routinely incorporating MH issues |
| Birth trauma |
| Blaming partner hindering access to care |
| Bodily-Sensation |
| Communication-style-of-HCP-as-causing-distress |
| Comparing with others |
| Comprehensive maternal-child care as enabler to seeking help including physical psychological and emotional needs |
| Conflicting views of medicine and possible side-effects both from women's and HCP's perspectives |
| Continuity-of-care An existing relationship with a HCP as a facilitator to the use of MHS |
| Costs too much related to services as a barrier |
| Crisis-dead end-ultimate-situation-before-seeking-help |
| Crying |
| Denial |
| Difficulties in obtaining reliable information as a barrier |
| Difficulties-breastfeeding-baby |
| Disclosure could mean kids in custody |
| Discontinuity of care as a barrier |
| Discussion-on-normalization |
| Dissatisfaction with health care as a barrier |
| Downward-spiral-PPMD |
| E-health options were also seen as facilitators by mothers |
| Exhaustion, fatigue, not energy to ask for help |
| Expectations-(Perfect)-Motherhood-vs-Not-the-perfect-in-norms-perspective |
| Extracts-from-data-experiences |
| Falling to pieces and anxiety with baby led to help-seeking |
| Fear of psychiatric care and being seen as mad |
| Feeling unworthy of support |
| Financial problems |
| Focusing on current difficulties rather than past difficulties - facilitator |
| For-Professionals-Message-to-note |

Meaning units thematized

Friends unsupportive

Guilt-Shame-Embarrassment-perhaps-also-silences-the-person-not-perfect

Having-to-take-medicine-as-barrier

HCP should consider the family as a whole not focus only on the baby - a facilitator

HCPs helpful when providing access to care, asking, understanding

Helplessness

Help-seeking-as-longer-time-prior-to-recovery

Holistic-Whole-to-support-dyad emotional-physical

Important to be listened to and being taken seriously and you are not the only one and there is hope for improvement

Inability to cope

Isolation-Loneliness-no-contacts-no-communication-no-trusting-relationships

Lack of knowledge on PMH and PPD from the woman's and HCPs' perspective

Lack of shared experiences, loneliness

Lacking continuity of care for follow up and difficult to access care

Lacking-support

Length of wait times for services as a barrier

Lived experience with beliefs causes barrier to seeking help

Lost control

Lost-Confusion-do-not-know-what-it-is-and-happens-do-not-know-one-has-depression

Matching-what-mother-needs-and-help

Media-Public-knowledge-forcing-to-behave

Medication risks not informed reliably or with side-effects

Medication-makes-you-function

Mental-Ill-Health-Forces-to-behave-naming-according-to-diagnosis

Minimizing the problem by HCPs and family caused delay

Mothers-own-background-causes-challenges

Needed proactive partner support

Needed services to access care

Needing-Compassion-and-Care-perhaps-without-success

Needing-encouragement_to-look-for-help-and-be-engaged

No decision making process

Not easy to disclose to HCPs, confidence important and belief that there is help

Not-knowing-where-to-look-for-help-or-how

Overwhelming-many-barriers-on-multiple-levels

Own-choices-made-when-possible

Panic

Meaning units thematized

Peer support in help seeking and subsequent care

Perceived health care professional shortage as a barrier

Proactive home services

Range of emotions

Referred-to-specialised-care

Relying mostly on oneself, barrier for seeking help

Seemingly rushed and uncaring health care professional can deter women from accessing services

Self-help-activities

Services available at home or in the neighbourhood facilitate use of services

Sleeping-unwell-and-so-much

Someone else close took control and asked for help

Spiritual-support-as-enabler

Stigma, Being labelled with a mental illness as a barrier to their access of mental health services

Stigma-of-mental-illness-makes-one-feel-worse-how-they-look-at-you-and-how-you-feel

The physical environment in which mental health care services are provided may act as barriers

they would not talk to their health professionals until 'the time is right'

Thinking about reasons

Time constraints and a focus on the baby both before after birth

Trustworthy readily available and culturally sensitive (building trust) health care professional facilitates the use of services

Trying hard to get help when reaching a point where suicidal ideation begun and thoughts on hurting the baby

Trying to look for alternatives to health care

Unable to care for the baby-or-causes-inadequacy-feelings

Unable to open up

Wants-help-but-cancels-appointments

Women did not know where to find help

Worry about how the family could go on

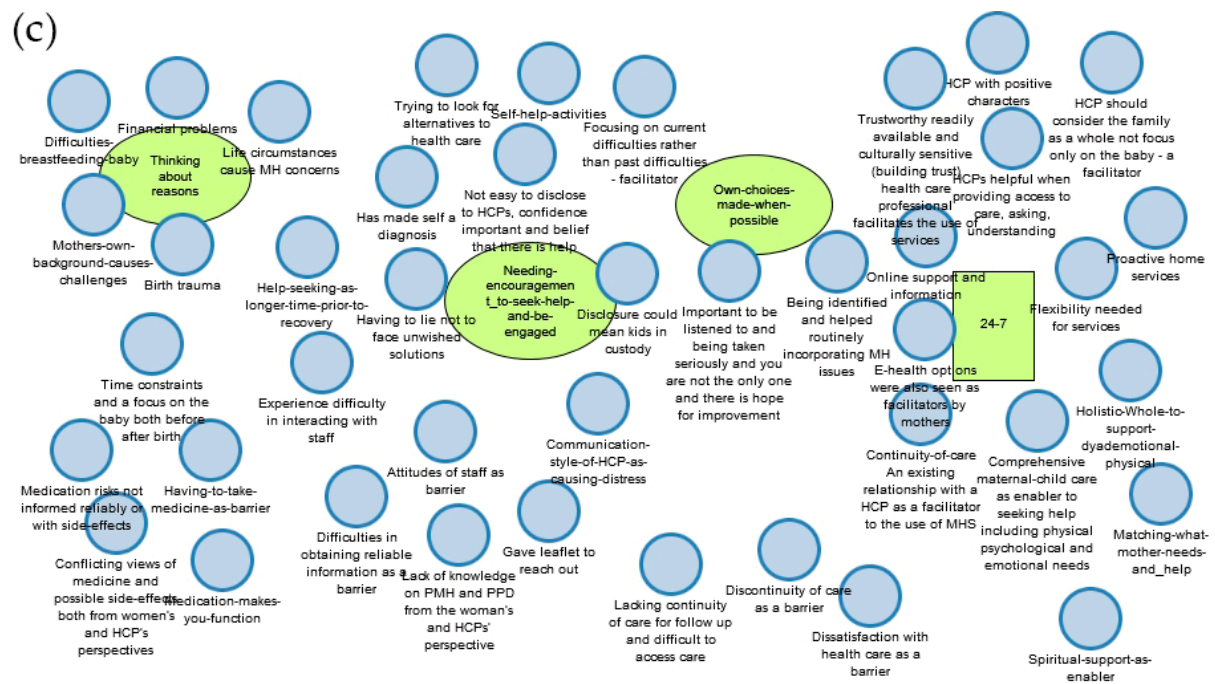


Figure S1. Preliminary Clusters: (a) Cluster own feelings; (b) Cluster system; (c) Cluster taking action.