

Supplementary table. Quotations for themes

Theme	Mothers' voices
<b>Mothers use values-based parenting</b>	<p><i>"in the home, we teach them respect towards others, respect for the rights of others, respect for our, um, elders. We teach them family values, we teach them what we should keep, a family, how – how a family should be consummated, and how we should behave in society."</i></p> <p><i>"The language is something that gives you dignity, teaching the language to children is to teach them culture, culture is our value, are our roots, and if we lose, then we lose the essence."</i></p> <p><i>"[Family means] not necessarily to join the family of blood, also to friendships, compadres, friends; I think that when we are out of our country, and we come to another, we adopt our friends as family."</i></p>
<b>PPD is judged, criticized and stigmatized</b>	<p><i>"In the Hispanic community, we see a lot that mothers and fathers live together. So, having my daughter with someone else, it makes me scared...To be a single mother with two different fathers, my kids, you understand? And that's also why I don't like being judged, so you withhold what you're feeling so you can have a family."</i></p> <p><i>"A participant quoting a friend: I told you that [depression] is what happens for not paying attention, for not listening to advice [from family]."</i></p> <p><i>"She is a vagrant or slacker because she does nothing and only sleeps; Changuería, she acts like a child"</i></p> <p><i>"She's bitter; is abandoned; maybe she has depression; she is alone and has no help; the attention is for the baby; is jealous; the mother is jealous; she gets angry because she can not go for a walk; she does not have a mother-in-law or a mother to help her; a postpartum crisis; we must accompany it; she is traumatized; she does not take care of herself; she neglects herself and her baby; leaves the baby with the grandparents, or whoever she is with."</i></p> <p><b>[When speaking of husbands/male partners]</b></p> <p><i>"The culture is macho, the emotions are only for women... there is no understanding."</i></p>
<b>Suffering and sacrifice in motherhood</b>	<p><i>"Every woman... well, not all women but some women who say that perhaps they don't suffer [inaudible] because when a woman doesn't suffer for her husband, she suffers for her child or she suffers for her family or for any person, but you always suffer."</i></p> <p><i>"With my first child I also had PPD, when they looked after me I felt useless and invalid (inutil y invalida), and a month gave me a fit of crying; I was not aware of the emotions that were happening"</i></p>

	<p><b><i>[Cultural differences in knowledge of PPD between native country and US]</i></b></p> <p><i>“I think it's the culture; people don't know about it. I feel that not knowing, and the family we come from like, they don't understand – they don't know...family in Oaxaca, Mexico, and everything that don't get informed of many things that happen to us. It happened to me, personally, but I never knew. After a long time, or also after having my other baby, I understood and realized that postpartum depression existed.”</i></p> <p><i>“Not too long ago, my husband's cousin told me that there was a woman in Mexico who was going through a very big depression after having her baby. So, the neighbors would say that she was crazy, and that she was bewitched, and that her sister was going to get married, but she wasn't going to get married [decided not to get married] because the same thing could happen to her. So she [husband's cousin] told her mom in Mexico, "No, mom, what she has is postpartum depression. Look, my neighbor had it, too, and it's the same symptoms." And it's that there is a lot of ignorance; people don't know. It's worse over there [Mexico]. Here, [United States] they know a little more.”</i></p> <p><i>“We are from Oaxaca, Mexico and when I had my third child I locked myself in the bathroom and the husband never helped me, I had nowhere to go, I looked bad, the friends told me these things wrong; Sometimes you are afraid of being taken away from your children; I cut myself and go through very strong things and never knew why; If we do not receive aid we sink, and now I continue in that process I already lived it and sometimes I still have it”.</i></p>
<p><b><i>The pathway to help is not clear</i></b></p>	<p><i>“Sometimes they [mental health professionals] can't identify that. That's why many times, many moms who need help – be it from a professional like a psychologist or psychiatrist, many times – you feel weird, but you don't know why you're feeling that way. And in our brain, there are many little things that are receptors, right? That – um can diminish it, and make us change and act that way. Many times, that maybe she was um – that was normal, but those who surround us should try to at least help us a little.”</i></p>