



Suggestions for family and friends ...

- Find out as much information as you can about perinatal depression.
- Be patient and understanding.
- Ask the couple how you can help.
- Offer to baby-sit.
- Offer to help around the house.
- Let them other know you are there for her, even if she doesn't feel like talking.
- Appreciate that the father may also be emotionally affected by the demands and challenges of new parenthood.



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