



DISCUSSION QUESTIONS

EPISODE 37: COPING WITH POSTNATAL DEPRESSION

featuring Gill and Stan Lyth

1. What's one step can you take towards asking your partner for help, if you haven't already?
2. Where can you turn for support when you need it?
3. Could you take some time today to listen to your partner without feeling the need to respond?
4. Do you find it easy to accept practical help from friends and family? What kind of support would you welcome from them?
5. If you've experienced PND and have got through it, would you be able to share this with those who might be going through it at the moment, to encourage them?

