



# Postnatal Depression (National Childbirth Trust Guides)

*Heather Welford*

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## **Postnatal Depression (National Childbirth Trust Guides) Heather Welford**

In THE NATIONAL CHILDBIRTH TRUST GUIDES series. A practical look at all types of postnatal depression and what can be done. Welford explores, mostly from the sufferer's position, what postnatal depression is, why it occurs and what to do when it does. Using cases studies of mothers, family and friends to provide practical and sympathetic support.

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