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**Healthy**

**Coping Skills**

**for Male Post**

**Partum Depression**

**1. Exercise**

**2. Take Time For  
Yourself**

**3. Connect with  
Another Dad**

**4. Talk to Your Partner**

**5. Get Support!**

If all of this still seems daunting and you'd like to figure out something that is more focused on your particular situation, please don't hesitate to reach out. I offer a free 15 minute phone consultation so that you don't feel so on your own with all this.



**JUSTIN LIOL, LCSW**  
PSYCHOTHERAPY