Prenatal depression is one of the most common mental health issues of pregnant women around the world. In fact, up to 17% of woman in Australia in has experienced this health condition, which is directly linked to adverse perinatal outcomes such as stillbirths and neonatal deaths (Ogbo et al., 2018). There are several risk factors that can lead to prenatal depression, with lacking of social support has been proved to be a significant risk factor in several studies (Biaggi, Conroy, Pawlby, & Pariante, 2016). According to Biaggi, social support has three main components, which are discussed below to explain how they all can lead to prenatal depression.

* Informational support: As the consultation time with healthcare providers are often not enough, pregnant woman are becoming less dependant on doctors or midwife for pregnancy advices and instead, turn to health web sites and mobile applications (Guerra-Reyes, Christie, Prabhakar, Harris, & Siek, 2016). However, medical information is notoriously difficult and vast for an untrained person to comprehend, not to mention the large effort to extract and filter for reliable health information sources (). This further added mental pressure and confusion to those who wish to obtain the information, leading to pregnant woman and their family members feel overwhelmed by the amount of information across the various stages of pregnancy.
* Instrumental & Emotional support: The physical transformation of woman body during pregnancy increase difficulty from them in doing everyday activities. This also lead to unstable psychological stages such as mood swing and stress, result from hormone changes (Atkinson & Teychenne, 2019). Because high perceived support and marital satisfaction are the key factors to prevent prenatal depression (Biaggi et al., 2016), pregnant woman will need considerable amount of support, both physically and emotionally, from their partner and family relatives. However, lifestyle factors such as unbalanced work-life, small family size and social stigma (E.g judgments for single-mother and tensions in in-law relationship) make it harder for pregnant woman to communicate their needs and timely receive supports from their loved ones, hence further increase the risk for prenatal depression (Biaggi et al., 2016; *ISYS90077-Asst1-instructions.pdf*, n.d.).

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