

# Lack of social support tied to parental depression

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The latest research from *Family Relations* shows that parents in low-income environments are more prone to depression when there is a lack of social support. This is especially prevalent in rural regions, where mental health and social resources can be deficient.

Social support mechanisms such as community groups, churches, and school or sports-related activities, can act as a barrier against [negative thinking](#) and allow [parents](#) who are prone to depression, in order to make better, more positive choices and engage in healthy parental practices.

The findings support a holistic care plan for families in need, combining skill-based interventions with social recommendations. These measures may help to decrease the detrimental effects of economic stress on individual and family functioning.

Source: Wiley ([news](#) : [web](#))

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