

Activity 11

Estimated Time: 10 minutes

What are the signs that someone might have postnatal depression? If you notice that someone has postnatal depression, how would you approach her? Knowing what to do if you suspect that someone has postnatal depression is important, especially because it is so common.

Think about someone you know who is pregnant or who has recently had a baby. If they came to you to talk about their 'baby blues', how would you respond? How would you explain what was happening to her? Who should you tell her to contact about her depression?