

Post Partum Depression

1. What is Postpartum Depression?
2. What are the signs of Postpartum depression?
3. Why is it so important that someone suffering from this condition gets medical care?
4. Who is affected by Postpartum Depression?
5. List the likely causes.

Grade 8 Health Mental Illness

6. What Can Be Done About It?

Explain how the following can prove helpful.

a. Counselling and Support

b. Medication

7. How Can You Help a Loved One?