Post-natal depression notes

What is post-natal depression?

- Post natal depression is where the mother is afraid and has no coping strategy with coping with baby and her lifestyle is affected

Who is affected by post-natal depression?

- The individual with the illness
- Family and friends
- The baby

Where can individual get help with the condition?

- Local gp/hospital
- Online
- Telephone support

What medication and treatment can help?

- Anti-depressant’s