

Homework for Session 2



1. Watch Video: “Behind the Mask: The Hidden Struggle of Parenthood”

<http://www.youtube.com/watch?v=FjqOqJLkyFs>

2. Answer questions on the Edinburgh postpartum depression questionnaire.

3. Score as per attached sheet.

- ***If you score 1 – 3 points on question 10, please call your family practice maternity service doctor or our on call service at 604-875-2161 right away***
- ***If your total score is 10 or higher, please call your primary family practice maternity service doctor for an appointment in the next week.***

4. Bring sheet to next session.

RESOURCES:

If you are concerned about yourself, your partner or a family member, please contact your family practice maternity doctor.

Pacific Postpartum Support Society <http://www.postpartum.org/>

Lower Mainland, please call 604-255-7999, or toll free at 1-855-255-7999.

Support Lines are available six days a week.