

# UNDERSTANDING POSTNATAL DEPRESSION



*I wanted to make this video to raise awareness, to promote good practice, and to provide positive information about PND. Liz Wise, PND Counsellor*



*There is a real need for a good teaching video for use in Primary Care and this is a great step. John Cox, Consultant Psychiatrist, Stoke on Trent*



*Video is the most accessible source of info for professionals and mothers, so I'll be glad to use this in my work. Sheelagh Seeley, Trainer in PND*



This informative video has been specially made for health professionals and parents and gives an insight into what postnatal depression is and its effects.

The video identifies important signs, symptoms and individual feelings and thoughts as well as information of what support is available.

A series of personal journeys are also shared.

The programme has been produced by specialist PND counsellor, Liz Wise, who has experienced PND herself. There are also contributions from a Consultant Psychiatrist, a GP, and a specialist Health Visitor and Trainer in PND along with parents who have first hand experience. It is intended as a practical and useful guide for those who need it most and is available in VHS format as well as CD for the PC or MAC.

(BLOCK CAPITALS PLEASE)

I wish to order the video "Understanding Post Natal Depression" and enclose a cheque for **£21.75** per copy to include postage and packaging and made out to **PND Productions**. I understand the video will be ready for despatch by the end of June.

Name : .....

Job Description : .....

Address : .....

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Email : .....Phone : .....

Please complete box to confirm which format and how many you require : VHS Video  CD

Return to : PND Productions, 13, Barnett Row, Jacobswell, Guildford, GU4 7PH