

Hello,

My name is Kristy Karan. I am a student from the University of the Pacific studying Graphic Design. I am working on a project called, "Do Good Design for Good." I have chosen to address the topic of Postpartum Depression (also called PPD). I myself suffered from PPD with my second child and this is what interested me in doing my project on this topic. As a designer, I would like to understand how I can create a positive impact for mothers who are suffering with Postpartum depression.

My understanding of PPD is that it is a medical condition that many women get after having a baby. It's strong feelings of sadness, anxiety (worry) and tiredness that last for a long time after giving birth. These feelings can make it hard for a new mother to take care of themselves and their baby. PPD can happen any time after childbirth. It often starts within 1 to 3 weeks of having a baby and can last up to 12 months.

I would like to ask you, as a family member, a few questions to help me understand how families can help when mothers are suffering from PPD; with your help I can discover the best direction to provide family members with understanding what to do in this situation.

Thank you for your time. Please help answer the following questions.

*Interview Questions:*

- 1) *What do you currently know about PPD*
- 2) *Do you know anyone who went through it and what was your experience? What did you witness*
- 3) *Have you ever had an episode of depression*

