

Maternal Mental Health Help

		Mom	ı's age:		
nelmed & struggling, this is the	best way for me	to ma	ke sure you knov	v what is goin	
(PPD) □ Postpart		tum PTSD (post-		□ Not sure	disorder or mania ; I just know ng isn't right
re some of the recognized symp check any that apply to you):	otoms of perinat	tal moo	d and anxiety di	sorders that I	have been having
lost my appetite. ad. I have been crying a lot for no eling worried or anxious most of aving anger or rage that is not not umb or disconnected from my lift the things I used to. feel like I'm bonding with my balaving scary "what if" thoughts over the arm coming to me, my baby or of intrusive thoughts, a sign of postpolic of guilt and shame. It is a good mother that I'm not a good mother worwhelmed with all of the things concentrate or stay focused on the le I'm losing it.	reason. the time. rmal for me. e. I can't by. er & over others (also partum s in my life. hings.		I feel like the only by using alcohol, pusing alcohol, pusubstances. Sometimes I wond be better off with I've been having pusuant for me (for stomach aches, she I have had serious I have had though or what if, but that baby or someone I am worried I'm sother people don' I'm afraid to be all I feel very concern	way to make represcription draws the derif my baby but me. Obysical symptor example: migortness of breast houghts of his that I should or neelse. Seeing or heard to see or heard one with my bar or heard to make the design of t	or my family would oms that are not graines, back aches, ath, panic attacks) urting myself. It (not that I might need to) hurt my mg things that
nad these symptoms for more t	hanwe	eks. I a	ım weeks/	months (circ	le one) postpartum
re some recognized risk factors check any that apply to you):	for maternal m	iental i	llness that may h	elp you unde	rstand my situation
e a history of bipolar disorder or p mily has a history of mental illnes e a history of or am now going thr xample: domestic violence, verba l abuse, poverty, loss of a parent) e had a stressful event in the last y ple: house move, job loss, divorce	psychosis ss rough trauma al abuse, year (for e or		I have had inferts My baby has coli problems I have had a prev I have a history of pre-menstrual dy I delivered multi	ility treatment c, reflux or oth rious miscarria of diabetes, thy ysphoric disoro ples	er health age or stillbirth roid problems, or der (PMDD)
	Postpartum depression (PPD) Postpartum anxiety or OCD Re some of the recognized sympthetek any that apply to you): Isleep, even when my baby is sleep lost my appetite. Ind. I have been crying a lot for noteling worried or anxious most of aving anger or rage that is not noteling worried or anxious most of aving anger or rage that is not noteling worried or anxious most of aving scary "what if" thoughts over any coming to me, my baby or of intrusive thoughts, a sign of postpart lot of guilt and shame. Tried that I'm not a good mother. I'm losing it. To be alone all or most of the time and these symptoms for more the same and these symptoms for more that a history of bipolar disorder or particle and share a history of or am now going the each and a stressful event in the last to ple: house move, job loss, divorce a ple: house move, job loss, divorce	Postpartum depression Postpartum depression	to talk to you about the stress I've been having since telmed & struggling, this is the best way for me to main tight need your help. I think I might have (Mom, check and the property of the	to talk to you about the stress I've been having since I had my baby. Endemed & struggling, this is the best way for me to make sure you know hight need your help. I think I might have (Mom, check any that may a pure the post partum problems are postpartum depression (PPD)	Postpartum anxiety or OCD

This checklist is not intended to diagnose any mental illness. It is a discussion tool for moms to use with healthcare providers. It was created by Postpartum Progress, a national nonprofit supporting moms with maternal mental illness. For more free tools and support for perinatal mood & anxiety disorders, visit postpartumprogress.org. ©2015 Postpartum Progress Inc.