



Perinatal Mental Health Discussion Tool

As many as 1 in 7 moms (1 in 10 dads) experience symptoms of depression and anxiety during the postpartum period. People of every age, income level, race and culture can develop Perinatal Mood and Anxiety Disorders (PMADs) during pregnancy and within the first year after delivery. This tool can help track your symptoms and discuss them with your medical provider. Being your own advocate is okay and you deserve to be well.

I have been experiencing the following symptoms: (please mark all that apply)

- | | |
|---|---|
| <input type="radio"/> Feeling depressed or void of feeling | <input type="radio"/> Flashbacks regarding the pregnancy or delivery |
| <input type="radio"/> Feelings of hopelessness | <input type="radio"/> Avoiding things related to the delivery |
| <input type="radio"/> Lack of interest in the baby | <input type="radio"/> Scary and unwanted thoughts |
| <input type="radio"/> Trouble concentrating | <input type="radio"/> Feeling an urge to repeat certain behaviors to reduce anxiety |
| <input type="radio"/> Brain feels foggy | <input type="radio"/> Needing very little sleep while still functioning |
| <input type="radio"/> Feeling anxious or panicky | <input type="radio"/> Feeling more energetic than usual |
| <input type="radio"/> Feeling angry or irritable | <input type="radio"/> Seeing images or hearing sounds that others cannot see/hear |
| <input type="radio"/> Dizziness or heart palpitations | <input type="radio"/> Thoughts of harming yourself or the baby |
| <input type="radio"/> Not able to sleep when baby sleeps | |
| <input type="radio"/> Extreme worries or fears
(including the health and safety of the baby) | |

Risk Factors

Below are several proven risk factors associated with postpartum depression (PPD) and postpartum anxiety (PPA). Knowing these risk factors ahead of time can help you communicate more effectively with your family and medical provider and put a strong self-care plan in place.

Please mark all risk factors that apply:

- | | |
|---|---|
| <input type="radio"/> History of depression or anxiety | <input type="radio"/> Birth of multiples |
| <input type="radio"/> History of bipolar disorder | <input type="radio"/> Baby in the NICU |
| <input type="radio"/> History of psychosis | <input type="radio"/> Relationship issues |
| <input type="radio"/> History of diabetes or thyroid issues | <input type="radio"/> Financial struggles |
| <input type="radio"/> History of PMS | <input type="radio"/> Single mother |
| <input type="radio"/> History of sexual trauma or abuse | <input type="radio"/> Teen mother |
| <input type="radio"/> Family history of mental illness | <input type="radio"/> No or little social support |
| <input type="radio"/> Traumatic pregnancy or delivery | <input type="radio"/> Away from home country |
| <input type="radio"/> Pregnancy or infant loss | <input type="radio"/> Challenges with breastfeeding |

RESOURCES

www.postpartum.net

- **PSI Helpline:** For local resources please call 800-944-4773 or text us at 503-894-9453. We can provide information, encouragement, and names of resources near you.
- **FREE Online Weekly Support Groups:** Led by a trained facilitator. For days and times please visit: <http://www.postpartum.net/get-help/psi-online-support-meetings/>
- **FREE Psychiatric Consult Line:** Your medical provider can call 800.944.4773 x 4 and speak with a reproductive psychiatrist to learn about medications that are safe for you to take while pregnant and breastfeeding. <http://www.postpartum.net/professionals/perinatal-psychiatric-consult-line/>