POSTPARTUM SUPPORT INTERNATIONAL

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)

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

- ◯ History of depression or anxiety
- ◯ History of bipolar disorder
- ◯ History of psychosis
- ◯ History of diabetes or thyroid issues
- ◯ History of PMS
- ◯ History of sexual trauma or abuse
- ◯ Family history of mental illness
- ◯ Traumatic pregnancy or delivery
- ◯ Pregnancy or infant loss
- ◯ Birth of multiples
- ◯ Baby in the NICU
- ◯ Relationship issues
- ◯ Financial struggles
- ◯ Single mother
- ◯ Teen mother
- ◯ No or little social support
- ◯ Away from home country
- ◯ 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/

** This is not a diagnostic tool and should not take the place of an actual diagnosis by a licensed professional. **