New Mom Checklist for Maternal Mental Health Help

Name: ___________________________ Mom's age: __________

I’d like to talk to you about the stress I’ve been having since I had my baby. Because I’m exhausted, overwhelmed & struggling, this is the best way for me to make sure you know what is going on with me, and that I might need your help. I think I might have (Mom, check any that apply to you):

- Postpartum depression (PPD)
- Bipolar disorder or mania
- Postpartum anxiety or OCD
- Postpartum psychosis
- Not sure; I just know something isn’t right
- Postpartum PTSD (post-traumatic stress)

Here are some of the recognized symptoms of perinatal mood and anxiety disorders that I have been having (Mom, check any that apply to you):

☐ I can’t sleep, even when my baby is sleeping.
☐ I have lost my appetite.
☐ I feel sad. I have been crying a lot for no reason.
☐ I am feeling worried or anxious most of the time.
☐ I am having anger or rage that is not normal for me.
☐ I feel numb or disconnected from my life. I can’t enjoy the things I used to.
☐ I don’t feel like I’m bonding with my baby.
☐ I am having scary “what if” thoughts over & over about harm coming to me, my baby or others (also called intrusive thoughts, a sign of postpartum OCD).
☐ I feel a lot of guilt and shame.
☐ I’m worried that I’m not a good mother.
☐ I feel overwhelmed with all of the things in my life.
☐ I can’t concentrate or stay focused on things.
☐ I feel like I’m losing it.
☐ I want to be alone all or most of the time.
☐ My thoughts are racing. I can’t sit still.
☐ I feel like the only way to make myself feel better is by using alcohol, prescription drugs or other substances.
☐ Sometimes I wonder if my baby or my family would be better off without me.
☐ I’ve been having physical symptoms that are not normal for me (for example: migraines, back aches, stomach aches, shortness of breath, panic attacks)
☐ I have had serious thoughts of hurting myself.
☐ I have had thoughts that I should (not that I might or what if, but that I should or need to) hurt my baby or someone else.
☐ I am worried I’m seeing or hearing things that other people don’t see or hear.
☐ I’m afraid to be alone with my baby.
☐ I feel very concerned or paranoid that other people might hurt me.

I have had these symptoms for more than _____ weeks. I am ____ weeks/months (circle one) postpartum.

Here are some recognized risk factors for maternal mental illness that may help you understand my situation (Mom, check any that apply to you):

☐ I have had depression, anxiety/OCD or PPD before
☐ I have a history of bipolar disorder or psychosis
☐ My family has a history of mental illness
☐ I have a history of or am now going through trauma (for example: domestic violence, verbal abuse, sexual abuse, poverty, loss of a parent)
☐ I have had a stressful event in the last year (for example: house move, job loss, divorce or relationship problems, or the death of a loved one)
☐ I’m a single mom
☐ I don’t have much help or support at home from my partner or family members
☐ I have a lot of financial stress
☐ I have had infertility treatment
☐ My baby has colic, reflux or other health problems
☐ I have had a previous miscarriage or stillbirth
☐ I have a history of diabetes, thyroid problems, or pre-menstrual dysphoric disorder (PMDD)
☐ I delivered multiples
☐ I’m away from my home country or culture
☐ I or my baby had problems in pregnancy or childbirth (for example: baby in NICU, unplanned C-section, bed rest)

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.
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