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):

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

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 an eating disorder.
- □ 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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