



## Perinatal Mental Health Discussion Tool for Parents Experiencing Loss

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 Disorders (PMDs) during pregnancy and within the first year after delivery. Parents who are grieving the loss of a child may experience many of these symptoms, which is a normal part of the grieving process. If the symptoms worsen or persist for longer than two weeks you may be experiencing a mood disorder. This tool can help track your symptoms and be a resource to help you 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 things that once brought you pleasure
- Trouble concentrating
- Brain feels foggy
- Not wanting to eat
- Feeling anxious or panicky
- Feeling angry or irritable
- Dizziness or heart palpitations
- Not able to sleep
- Extreme worries or fears
- Flashbacks regarding the pregnancy or delivery
- Avoiding things related to the pregnancy or 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

## Risk Factors

Below are several risk factors associated with postpartum depression (PPD), postpartum anxiety (PPA), and postpartum PTSD. 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:

- Pregnancy or infant loss
- 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
- Birth of Multiples
- Baby in the NICU
- Relationship issues
- Financial struggles
- Single mother
- Teen mother
- No or little social support
- Away from home country

## RESOURCES

[www.postpartum.net](http://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 Psychiatric Consult Line:** Your medical provider can call 800.944.4773 x 4 and speak with a reproductive psychiatrist to learn about medications commonly used in the perinatal time period. For more detailed information please visit: <http://www.postpartum.net/professionals/perinatal-psychiatric-consult-line/>