PMHDs- 6 WEEK CHECKUP DISCUSSION TOOL

I would like to talk to you about how I've been feeling since having the baby because I think I might need help. Here are some recognized risk factors for PMHDs to help you understand my situation and what I've been struggling with. (Check all that apply)

- [ ] I or someone in my family has previously been diagnosed with a PMHD
- [ ] I or someone in my family has previously been diagnosed with a mental illness
- [ ] I have previously or am currently experiencing trauma (e.g. sexual abuse, domestic violence)
- [ ] I have a history of infertility, pregnancy or infant loss, or a previous traumatic birth
- [ ] I have a history of sensitivity to hormonal changes (e.g. severe PMS, PMDD, starting/stopping birth control)
- [ ] I have diabetes, thyroid problems, or other endocrine issues
- [ ] I have a history of chronic pain or inflammation or other health challenges
- [ ] I had complications during my pregnancy
- [ ] I experienced my baby's birth as traumatic
- [ ] My baby spent time in the NICU, has ongoing health challenges, or experienced significant illness/injury
- [ ] I gave birth to multiple babies
- [ ] I have experienced difficulties with breastfeeding or abruptly discontinued breastfeeding
- [ ] I have a "colicky" baby/my baby has a more challenging temperament
- [ ] I am severely sleep deprived
- [ ] I identify as a racial/ethnic, gender, or sexual minority
- [ ] I have recently been through a major life event (e.g. move, job change, loss of a parent)
- [ ] I don't have a lot of support (partner, family, friends)
- [ ] I'm dealing with a lot of financial stress and/or don't have adequate childcare

I am currently having the following recognized symptoms of PMHDs, and would like to discuss if I should seek behavioral health treatment. (Check all that apply)

- [ ] I am having a hard time sleeping (not just because the baby is keeping me up or waking me up)
- [ ] I have no motivation or interest in doing things that I used to enjoy. I'm just going through the motions
- [ ] I don't feel connected to my baby
- [ ] I feel like a terrible mother or like I have failed my baby in some way
- [ ] Sometimes I think my baby or my family would be better off without me
- [ ] I have had thoughts of hurting myself
- [ ] I've been crying a lot and I'm not sure why, or I actually don't feel much of anything at all
- [ ] I want to be alone all or most of the time
- [ ] I am feeling worried or anxious or overwhelmed most of the time
- [ ] I've been having a lot of headaches or stomachaches or times where I feel shaky or dizzy
- [ ] I am having lots of scary/"what if" thoughts about harm coming to me or my baby
- [ ] I am terrified of SIDS and am constantly checking to make sure the baby is still breathing
- [ ] I am really irritable and angry. I have no patience and everything annoys me
- [ ] I think I might be hearing or seeing things that other people don't hear or see
- [ ] I have had thoughts that I *should* or *need to* hurt my baby (not that I *might* or *what if)*
- [ ] I feel restless or on edge, or have racing thoughts

If you are seeing or hearing things others can't, or having thoughts of harming yourself or your baby and don't trust yourself not to act on them, call 911 or go to the ER. You can call or text 988 any time. Non-emergency support: National Maternal Mental Health Hotline 1-833-852-6262 (call or text, 24/7)

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