



POSTPARTUM MENTAL HEALTH QUESTIONNAIRE

DO YOU STRUGGLE WITH:

CHECK ALL THAT APPLY

- Sleep?
- Feeling exhausted most of the time?
- Decreased appetite?
- Worrying about things that never used to bother you?
- Guilt, shame and thinking you aren't a good mother?
- Thinking your children would be better off without you?
- Worrying that your partner will get tired of you feeling this way?
- Irritability, being quick to anger & snapping at others over everything?
- Thinking everyone else is a better mother?
- Easily crying?
- No longer enjoying things you used to enjoy?
- Isolating yourself socially?
- Fearing being alone or of leaving the house?
- Anxiety or panic attacks?
- Concentration troubles?
- Repeated, unwanted "scary thoughts" about your wellbeing or baby's wellbeing?
- Thinking something is wrong with you or your marriage?
- Feeling like you will always feel this way and never will get better?

IF YOU ANSWERED YES TO 3 OR MORE OF THESE QUESTIONS, YOU MAY BE EXPERIENCING A PERINATAL MOOD AND ANXIETY DISORDER (PMAD).

TALK TO A REGISTERED PSYCHOLOGIST ABOUT SUPPORTING YOUR MATERNAL MENTAL HEALTH. PSYCHOTHERAPY IS AN EFFECTIVE FIRST LINE OF TREATMENT.
