6. Things have been getting on top of me
   Yes, most of the time I haven’t been able to cope at all.
   Yes, sometimes I haven’t been coping as well as usual.
   No, most of the time I have coped quite well.
   No, I have been coping as well as ever.

7. I have been so unhappy that I have had difficulty sleeping
   Yes, most of the time.
   Yes, sometimes.
   Not very often.
   No, not at all.

8. I have felt sad or miserable
   Yes, most of the time.
   Yes, quite often.
   Not very often.
   No, not at all.

9. I have been so unhappy that I have been crying
   Yes, most of the time.
   Yes, quite often.
   Only occasionally.
   No, never.

10. The thought of harming myself has occurred to me
    Yes, quite often.
    Sometimes.
    Hardly ever.
    Never.

The diagnosis and treatment of postpartum depression and other postpartum mental illnesses require a physician or qualified mental health professional. The information provided through this brochure is intended for informational purposes only. None of the information in this brochure is a substitute for a diagnosis by a physician or qualified mental health professional. The screening test in this brochure is intended solely for the purpose of identifying the symptoms of depressive disorders, and is not designed to provide a diagnosis.
POSTPARTUM DEPRESSION
This is a common illness in new mothers. It occurs in 1 out of 8 women after having a baby. Signs may include:
• Sadness
• Having a short temper
• Crying
• Problems sleeping, even when the baby is sleeping
• Not wanting to hold or touch the baby (not enjoying the baby)
• Feeling tired
• Changes in eating patterns
• Thoughts about her own death or the death of her baby

POSTPARTUM ANXIETY
It is normal for new mothers to worry about their babies. But worry that takes over your life is not good for you or your baby. Signs that a mother may be worrying too much are when she is:
• Afraid that something will harm her baby
• Afraid that she will hurt her baby
• Afraid to be alone with her baby
• Spending most of her time trying to get these ideas out of her head or trying to protect her baby

BABY BLUES
As many as 8 out of 10 new mothers have the “Baby Blues.” Signs include:
• Crying
• Mood swings
• Having a short temper
• Being very sensitive
These are normal feelings. Many women have them. Some women have more upsetting feelings such as:
• Extreme fear and worry
• Great sadness
• Not feeling normal
Keep reading to learn more about the feelings you may have after having a baby.

POSTPARTUM PSYCHOSIS
This is an illness that happens to 1 out of 1,000 women having a baby. It is an emergency. A mother may:
• Become confused
• Be nervous or very quiet
• Hear voices that don’t exist
• See things that don’t exist
• Have thoughts about hurting herself or her baby

SYMPTOM CHECKLIST
• I feel worried or afraid a lot.
• I have not been able to think clearly.
• I am afraid to be alone with my baby.
• I feel cut off from the world or like I do not know what is real anymore.
• I have trouble sleeping even when my baby is sleeping.
• I have not been taking good care of myself (not eating or sleeping).
• I do not enjoy being with my baby.
• I do not want to get out of bed.
• I do not want to be around my friends or family.
• I have had thoughts about death or killing myself.

WHAT CAN YOU DO TO FEEL BETTER?
If you are having any of the feelings listed above, please talk to your friends, family or doctor. If you are afraid you may harm your baby, call your doctor, clinic or go to an emergency room right away. Help is available. You are not alone. Many women feel like you do. Your life will get better when you get help.

How Are You Feeling?
Please Complete and Return to a Healthcare Professional

1. I have been able to laugh and see the funny side of things
   ❍ As much as I always could.
   ❍ Not quite so much now.
   ❍ Definitely not so much now.
   ❍ Not at all.

2. I have looked forward with enjoyment to things
   ❍ As much as I ever did.
   ❍ Rather less than I used to.
   ❍ Definitely less than I used to.
   ❍ Hardly at all.

3. I have blamed myself unnecessarily when things went wrong
   ❍ Yes, most of the time.
   ❍ Yes, some of the time.
   ❍ Not very often.
   ❍ No, never.

4. I have felt worried and anxious for no good reason
   ❍ No, not at all.
   ❍ Hardly ever.
   ❍ Yes, sometimes.
   ❍ Yes, very often.

5. I have felt scared or panicky for no very good reason
   ❍ Yes, quite a lot.
   ❍ Yes, sometimes.
   ❍ No, not much.
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