CHECKLIST FOR
Postpartum Mental Health Help

As you embark on the incredible journey of motherhood, it is essential to prioritise not only the physical wellbeing of ourselves and our little ones but also our mental health. Recognizing the importance of perinatal mental health, we have included a checklist below to help you identify and address any concerns you may have. We strongly encourage you to take the time to assess your wellbeing and seek support if needed. Remember, you are not alone on this transformative path, and taking care of your mental wellbeing is just as crucial as caring for your child's.

FOR MOMS

Name: _____

Age: _____

Length Postpartum: _____

'I would appreciate discussing the emotions I've been experiencing since the birth of my baby. This checklist serves as an effective means for me to understand my current state and ask for the help I require.'

How are you feeling today?
Your well-being matters to us, and we're here to support you.

Below are several identified symptoms of perinatal mood and mental health symptoms that I have been experiencing (Mom, please select any that apply to you):

- ☐ I can't sleep, even when my baby is sleeping.
- ☐ I have lost my appetite.
- ☐ I feel sad. I have been crying a lot for no reason.
- ☐ I am feeling worried most of the time.
- ☐ I am having anger or rage that is not normal for me.
- ☐ I don't enjoy the things I used to.
- ☐ I don't feel like I'm bonding with my baby.
- ☐ I feel a lot of guilt and shame.
- ☐ My thoughts are racing. I can't sit still.
- ☐ I'm afraid to be alone with my baby.
- ☐ 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 my mind.
- ☐ I want to be alone all or most of the time.
- ☐ 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 feel very concerned or paranoid that other people might hurt me.
- ☐ I am worried I'm seeing or hearing things that other people don't see or hear.

I have had these symptoms for more than _____ weeks. I am _____ weeks/months (circle one) postpartum.

To all mothers, we hope that the checklist provided has served as a valuable tool in recognising and understanding your experiences. The above activity is meant to guide you in identifying potential areas where you may benefit from additional support from professionals. Your mental health matters, and seeking help is a sign of strength and self-care. Don't hesitate to reach out to healthcare professionals, support groups, or loved ones who can offer the assistance and understanding you may need. Together, we can create a community where perinatal mental health is prioritised, ensuring happier, healthier journeys for both you and your precious child.

THE WELLBEING FOUNDATION AFRICA
Health and Wellbeing