

***This is not
how I thought
I would feel...***



Perinatal Wellness

A Self-Assessment for Perinatal Depression and Anxiety

During the last week or two:

- I have been unable to laugh and see the funny side of things
- I have not looked forward to things I usually enjoy
- I have blamed myself unnecessarily when things went wrong
- I have been anxious or worried for no good reason
- I have felt scared or panicky for no good reason
- Things have been getting the best of me
- I have been so unhappy that I have had difficulty sleeping
- I have felt sad or miserable
- I have been so unhappy that I have been crying
- The thought of harming myself, my baby, or others has occurred to me

(Adapted from the Edinburgh Postnatal Depression Scale. Cox, J.L., Holden, J.M. and Sagovsky, R.—1987)

What can I do about perinatal depression and anxiety?

- Talk to your partner, family, and friends and give them things they can do to help you.
- Ask if you need help to make that first phone call.
- Tell your doctor or your baby's doctor about your feelings.
- Ask for a visiting nurse through your public health department to come to your home.
- Find support with other new mothers, for example: attend a play group, join a mom's club, or visit community centers.
- Talk to a counselor or therapist.
- Make sure you are taking time for rest, exercise, and healthy foods

Resources:

- Your doctor or your baby's doctor
- Your insurance company for counseling services
- Postpartum Support International
 - Warmline - 800-944-4773
 - Robin Bunch - 209-822-0894
- Anyone in crisis, call: Amador - 888-310-6555 | Calaveras - 800-499-3030
- County Behavioral Health: Amador - 209-223-6412 | Calaveras - 209-754-6525
- County Public Health: Amador - 209-223-6407 | Calaveras - 209-754-6460
- First 5: Amador - 209-257-1092 | Calaveras - 209-754-6914

A project of the Amador/Calaveras Perinatal Wellness Coalition, funded by the Mental Health Services Act.

