



Postpartum Depression Assessment

If you are a new mom, you know first-hand how life often feels turned “upside down” with the arrival of your newborn! What you may not know is that 25-75% of new mothers often suffer from depression. Milder forms of this depression are often labeled “Baby Blues”. But a more potential serious form of depression exists. Postpartum Depression can be triggered by a host of factors including changes in your hormone and sleep levels, unavoidable lifestyle changes, and a drastic increase in your daily tasks and responsibilities. The important thing to realize is that if you are a new mom and you are feeling depression, it is not your fault and it is very treatable.

If you suspect you may be suffering from Postpartum Depression, you can use the simple assessment below to determine the next best step for seeking professional help.

Instructions: Put a check mark by each item that matches the symptoms that you, your child, or your loved one experiences. When you have answered all of the questions, enter your name and email address to receive your confidential Postpartum Depression Assessment report.

Sometime within a year of giving birth, have you noticed about yourself (or a new mother you are observing) that you seem (she seems) to ...	✓
1. feel restless or irritable?	
2. feel sad, hopeless, and overwhelmed?	
3. cry a lot?	
4. have no energy or no emotion?	
5. eat too little or too much?	
6. sleep too little or too much?	
7. have trouble focusing, remembering, or making decisions?	
8. feel worthless and guilty?	
9. have lost interest or pleasure in activities?	
10. have withdrawn from family and friends?	
11. have headaches, chest pains, heart palpitations (the heart beats fast and feels like it is skipping beats), or hyperventilation (fast, shallow breathing)?	
12. be afraid of hurting the baby or yourself?	
13. have little or no interest in the baby?	

My Name Is:	
My Email Address Is:	

Look forward to your Postpartum Depression Assessment report arriving in your inbox soon!

This confidential assessment tool is provided courtesy of the Southlake Center