



# WELLNESS ASSESSMENT

Your Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Date of Loss: \_\_\_\_\_

**I would like to talk to a healthcare provider about the stress I have been experiencing since giving birth. I am exhausted, overwhelmed and struggling. This is the best way for me to accurately describe what my needs are so I can receive the best help possible. I believe I might have (check all that apply):**

- Postpartum Depression (PPD)
- Postpartum Psychosis
- Bipolar Disorder/Mania
- Postpartum Anxiety or OCD
- Postpartum PTSD (post-traumatic stress)
- Not sure; I know something isn't right

**I have identified some of the symptoms that I am experiencing regarding perinatal mood and anxiety disorders that I have been having:  
(check all that apply)**

- I can't sleep.
- I don't have an appetite.
- I am having anger/rage which is not normal for me.
- I have had serious thoughts about harming myself.
- I feel overwhelmed with a lot in my life.
- I want to be alone all or most of the time.
- I struggle with guilt and shame often.
- I don't feel connected to my loved ones.
- I feel disconnected from life and no longer enjoy things.
- I am having "what if" thoughts often about harm coming to myself, my baby or others (known as intrusive thoughts which are a sign of postpartum OCD).
- It seems like the only way to make myself feel better is by using alcohol, prescription drugs or other substances.
- I'm experiencing physical symptoms that are not normal for me (back pain, migraines, upset stomach, shortness of breath, panic attacks, etc.).
- I am concerned that I am hearing and/or seeing things that others do not hear or see.
- My thoughts are racing. It is difficult to sit still.
- I feel sad. I have been crying a lot for no reason.
- I am afraid to be alone.
- I feel anxious or worried most of the time.
- I am concerned or paranoid that others might hurt me.
- I have had thoughts that I should harm someone else.
- I am unable to concentrate or stay focused.
- I feel like I am losing it.
- I think my loved ones would be better off without me.

***"You are a masterpiece of beauty and strength!" – Joí Iman***

**Here are some recognized risk factors for maternal mental illness that may help you understand my situation (check all that apply to you):**

- I have a history of depression, anxiety/OCD or PPD.
- I have a history of bipolar disorder or psychosis.
- My family has a history of mental illness.
- I am a single mother.
- I am away from my home country or culture.
- I have a history of thyroid problems, diabetes, or pre-menstrual dysphoric disorder (PMDD).
- I have had a stressful event in the last year (for example: relocation, job loss, divorce, relationship problems, and/or death of a loved one).
- In previous pregnancies, I or my baby had problems during pregnancy or childbirth (i.e. baby in NICU, unplanned C-section, bed rest).
- I have a history of or am now experiencing trauma (i.e. domestic violence, verbal abuse, sexual abuse, poverty, loss of a parent).
- I don't have much support at home from my partner or family members.
- I delivered multiples.
- I have had infertility treatment.
- I have a lot of financial stress.
- I have had a previous miscarriage or stillbirth.

Our checklist is not a tool to diagnose mental illness or disorders. It serves as a conversation starter for mothers to use with their healthcare providers. It was created by a Licensed Social Worker with the intent to support mothers during their stages of grief and beyond.

©2020 Joi Iman, LLC

***"You are a masterpiece of beauty and strength!" – Joi Iman***