

Understanding and Tracking the Signs and Symptoms of Postpartum Depression

This tool and the record it helps you create are meant to help facilitate a meaningful dialogue with your healthcare provider. It does not replace your healthcare provider's professional assessment of your condition. Always talk to your doctor if you have questions about postpartum depression (PPD).

To help have productive conversations with your healthcare provider, it's important to keep track of how you're feeling during and after pregnancy. It's not uncommon to feel worried, irritable, and tearful. But sometimes feelings like these can become severe and persist over long periods of time. If they do, talk to your healthcare provider about these symptoms.

PPD is a common pregnancy-related medical condition, and **approximately 1 in 8 moms** in the US report experiencing symptoms. Symptoms can occur 3 months before giving birth and up to 1 year after the birth of your baby.

Use this tracking tool to keep a record of the signs or symptoms you're experiencing over a period of at least 3 weeks or for up to 3 months. You can then share this tool with your healthcare provider who can decide if the duration and severity of your symptoms indicates you should be screened for PPD.

How to use this tool:

1. Print out the calendar on the following page once for each week you'd like to track signs or symptoms you're experiencing. For example, if you want to track your symptoms for 1 month, print 4 copies of this page.
2. Fill in which week this grid represents (eg, Week #1, #2).
3. Fill in the date (month and day) under corresponding day of the week.
4. Consider the list of signs and symptoms and put an "X" or a checkmark in the square that corresponds with the symptom and the day you experienced it. You can check multiple boxes for each day if you experience more than 1 category of signs or symptoms.
5. Leave the spaces blank for symptoms that you are not experiencing.

WEEK #	MON _ / _	TUES _ / _	WEDS _ / _	THURS _ / _	FRI _ / _	SAT _ / _	SUN _ / _
Persistent sad, anxious, or "empty" mood							
Irritability							
Trouble bonding or forming an emotional attachment with the new baby							
Persistent doubts about the ability to care for the new baby							
Feelings of guilt, worthlessness, hopelessness, or helplessness							
Loss of interest or pleasure in hobbies and activities							
Fatigue or abnormal decrease in energy							
Difficulty concentrating, remembering, or making decisions							
Difficulty sleeping (even when the baby is sleeping), awakening early in the morning, or oversleeping							
Abnormal appetite, weight changes or both							
Feeling restless or having trouble sitting still							
Aches or pains, headaches, cramps, or digestive problems that do not have a clear physical cause or that do not ease even with treatment							
Thoughts about death, suicide, or harming oneself or the baby							

*Share any notes about how you're feeling
or what you're experiencing this week:*

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If you're in distress, or in fear of your safety, please use any of the emergency resources below to get in touch with someone who can help you immediately. We know using these resources might feel daunting sometimes, but they can provide real relief.

- Call 911
- Call your healthcare provider
- Call the National Suicide Prevention Lifeline at 988 or 1-800-273-TALK (1-800-273-8255) to speak to a trained counselor; confidential support is available 24/7 in the United States
- Text the Crisis Text Line at 741741

Your healthcare provider is the best resource to support you and can follow up with treatment recommendations, so we encourage you to start there. If you have questions for us at Check on Mom, please give us a call at 1-888-428-1583.