

Perinatal Mood & Anxiety Disorders Screening

Check the statements that are true for you:

- It's hard for me to ask for help.
- I've had trouble with hormones and moods, especially before my period.
- I was depressed or anxious after my last baby or during my pregnancy.
- I've been depressed or anxious in the past.
- A close relative was depressed after their baby was born.
- Sometimes I don't need to sleep, have lots of ideas and it's hard to slow down.
- My family is far away, and I don't have many friends nearby.
- I don't have the money, food, or housing I need.

If you checked three or more boxes, you are at higher risk of a Perinatal Mood & Anxiety Disorder (PMAD.)

Symptoms of depression and anxiety include:

- Sadness, anger, exhaustion, feeling out of control or overwhelmed
- Difficulty eating or sleeping
- Fears or scary thoughts that don't go away
- Feeling anxious or insecure, feeling nervous about being alone

Help is Available

It's important to talk to your medical doctor about these risk factors and symptoms and seek care from a Professional [San Diego Psychologist](#) specializing in perinatal mental health. Perinatal mental health concerns typically worsen if left untreated.

What you can do:

- Tell someone you trust how you feel
- Ask friends or family for help so you can take breaks
- Get fresh air and exercise when you can
- Avoid sugar, caffeine, and alcohol
- Talk to others who have recovered

Contact [Therapy Changes](#) to receive the excellent care you deserve to help you feel well and enjoy this time with your new baby.