Postpartum Mood *Check-In*

A gentle self-check for pregnant and new moms, based on the Edinburgh Postnatal Depression Scale (EPDS).

How are you *really* doing, mama?

Everyone asks about the baby. This is a few minutes just for you.

Pregnancy and the first year after birth bring huge changes to your body, your sleep, your relationships and your sense of who you are. It's common to feel overwhelmed, teary or not quite like yourself. For about 1 in 7 moms, those feelings become postpartum depression or anxiety. That's not a sign of weakness or failure. It's a common, treatable health condition, and you deserve support.

The EPDS is the same 10-question screener many OB-GYNs, midwives and pediatricians use. It can help you put words to what you're feeling and decide whether it's time to reach out.

1. Check the answer that comes closest to how you've felt **in the past 7 days**, not just today.
2. Write the points for each answer in the box, then add them up for your total.
3. Turn to page 4 to understand your score and see your next steps.

> This check-in is not a diagnosis. Only a licensed healthcare or mental health professional can diagnose depression or anxiety. If your answers worry you, or you just don't feel like yourself, please talk to your doctor or a therapist, whatever your score.

Need support right now?

Call or text 988 · Suicide & Crisis Lifeline, 24/7
Call or text 1-833-TLC-MAMA (1-833-852-6262) · National Maternal Mental Health Hotline, 24/7, English & Spanish
Call 911 or go to your nearest emergency room if you or your baby are in immediate danger.

In the past 7 days...

Check one answer for each question.

1 I have been able to laugh and see the funny side of things

- [ ] As much as I always could — 0
- [ ] Not quite so much now — 1
- [ ] Definitely not so much now — 2
- [ ] Not at all — 3

Points: ____

2 I have looked forward with enjoyment to things

- [ ] As much as I ever did — 0
- [ ] Rather less than I used to — 1
- [ ] Definitely less than I used to — 2
- [ ] Hardly at all — 3

Points: ____

3 I have blamed myself unnecessarily when things went wrong

- [ ] Yes, most of the time — 3
- [ ] Yes, some of the time — 2
- [ ] Not very often — 1
- [ ] No, never — 0

Points: ____

4 I have been anxious or worried for no good reason

- [ ] No, not at all — 0
- [ ] Hardly ever — 1
- [ ] Yes, sometimes — 2
- [ ] Yes, very often — 3

Points: ____

5 I have felt scared or panicky for no very good reason

- [ ] Yes, quite a lot — 3
- [ ] Yes, sometimes — 2
- [ ] No, not much — 1
- [ ] No, not at all — 0

Points: ____

6 Things have been getting on top of me

- [ ] Yes, most of the time I haven't been able to cope at all — 3
- [ ] Yes, sometimes I haven't been coping as well as usual — 2
- [ ] No, most of the time I have coped quite well — 1
- [ ] No, I have been coping as well as ever — 0

Points: ____

In the past 7 days...

Check one answer for each question.

7 I have been so unhappy that I have had difficulty sleeping

- ☐ Yes, most of the time — 3
- ☐ Yes, sometimes — 2
- ☐ Not very often — 1
- ☐ No, not at all — 0

Points: ____

8 I have felt sad or miserable

- ☐ Yes, most of the time — 3
- ☐ Yes, quite often — 2
- ☐ Not very often — 1
- ☐ No, not at all — 0

Points: ____

9 I have been so unhappy that I have been crying

- ☐ Yes, most of the time — 3
- ☐ Yes, quite often — 2
- ☐ Only occasionally — 1
- ☐ No, never — 0

Points: ____

10 The thought of harming myself has occurred to me

- ☐ Yes, quite often — 3
- ☐ Sometimes — 2
- ☐ Hardly ever — 1
- ☐ Never — 0

Points: ____

YOUR TOTAL SCORE (QUESTIONS 1–10)

_____ out of 30

ANXIETY CHECK (ADD QUESTIONS 3, 4 & 5)

_____ out of 9

If you checked anything other than "Never" on question 10

Please reach out for support today. You are not alone, and you don't have to wait for a bad day to get worse. **Call or text 988**, or **call or text 1-833-TLC-MAMA (1-833-852-6262)**. If you are in immediate danger, call 911.

Baby blues or something more?

	Baby blues	Postpartum depression or anxiety
How common	Up to 80% of new moms	About 1 in 7 moms
When	Starts in the first few days and fades within about 2 weeks	Can start any time in pregnancy or the first year, and lasts longer than 2 weeks
What it feels like	Teary, moody, overwhelmed, but still able to enjoy moments	Persistent sadness, worry, numbness, guilt, anger or trouble functioning

Source: Cox, J.L., Holden, J.M., & Sagovsky, R. (1987). Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. *British Journal of Psychiatry, 150,* 782–786. Point values shown for self-scoring.

Understanding *your score*

First, look at question 10.

If you had **any thoughts of harming yourself**, please reach out today, no matter your total score. **Call or text 988** or **1-833-852-6262**, or call 911 in an emergency.

0–9
LOWER RANGE

Your answers don't point to depression right now. Keep checking in with yourself, because feelings can change over the first year. If something still feels off, trust that and talk to someone.

10–12
POSSIBLE DEPRESSION

You may be experiencing symptoms of depression. Please share these results with your doctor, midwife or a therapist soon. Support now can keep things from getting heavier.

13+
LIKELY DEPRESSION

Your answers suggest you may be experiencing postpartum depression. Please reach out to your doctor or a mental health professional this week. This is very treatable, and you don't have to push through alone.

Anxiety check: if your score on questions 3, 4 and 5 adds up to **6 or more**, you may be experiencing postpartum anxiety, even if your total score is low. Racing thoughts, constant worry and trouble relaxing are worth talking about too.

Talk to your provider

Bring this page to your OB-GYN, midwife, primary care doctor or even your baby's pediatrician.

Tell someone you trust

A partner, friend or family member can help with sleep, meals and getting you to appointments.

You take care of everyone. *Let someone take care of you.*

Lotus Rose Counseling supports new and expecting moms through postpartum depression and anxiety, overwhelm, mom guilt, grief and trauma, in person and by telehealth. Reach out when you're ready. We'd be honored to help.

lotusrosecounseling.com · 801-642-4244