



Postpartum Depression Prevention Plan

The first step towards decreasing symptoms from escalating is acknowledgement and asking for and accepting help. Honor your and your family's health and happiness.

<p>Proactive Education:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Self-Education <input type="checkbox"/> Prenatal education <input type="checkbox"/> Phone list of supports available in your community: <ul style="list-style-type: none"> <input type="checkbox"/> Family Doctor: <input type="checkbox"/> PPD support group: <input type="checkbox"/> family/friend: <input type="checkbox"/> Pediatrician: 	<p>Answer Edinburgh Postnatal Depression Scale (EPNS):</p> <p>Test after two weeks postpartum and on a regular basis:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Self-Assess <input type="checkbox"/> Professional assessment <input type="checkbox"/> Support person assess
<p>Self-Identify Risk Factors:</p> <ul style="list-style-type: none"> <input type="checkbox"/> History of mental illness <input type="checkbox"/> family history of mental illness <input type="checkbox"/> unplanned pregnancy <input type="checkbox"/> level of social support available: <ul style="list-style-type: none"> <input type="checkbox"/> Spouse <input type="checkbox"/> Family <input type="checkbox"/> Friends <input type="checkbox"/> Therapist <input type="checkbox"/> Traumatic life events <input type="checkbox"/> Traumatic labor and delivery <input type="checkbox"/> Level of coping skills related to stress <p>Your self-care habits:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Activities: <input type="checkbox"/> Books: <input type="checkbox"/> Movies: <input type="checkbox"/> Friends: <input type="checkbox"/> Exercise: <input type="checkbox"/> Your mantra: 	<p>Adopt a Support Person:</p> <p>Use a code system to rate feelings and coping skills:</p> <p style="text-align: center;">RED: EMERGENCY BLUE: SADNESS GRAY: FLAT OR NO EMOTION GREEN: COPING WELL</p> <p>Support person's role:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Telephone support <input type="checkbox"/> able to manage low level counseling <input type="checkbox"/> able to determine if you are able to manage on your own <input type="checkbox"/> <u>Educated in signs and symptoms of PPD:</u> hopelessness, tearfulness, feelings of inadequacy, guilt, anxiety, anger, obsessive thoughts of harming yourself or baby, irritability, and fatigue. Physical symptoms include: headaches, numbness, chest pain, and hyperventilation.
<p>What does your help look like?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Cooking <input type="checkbox"/> Cleaning <input type="checkbox"/> Laundry <input type="checkbox"/> Childcare <input type="checkbox"/> Help getting to apartments <input type="checkbox"/> General baby care <input type="checkbox"/> Breastfeeding guidance <input type="checkbox"/> Organizing coffee or plans to get out of the house <input type="checkbox"/> 	<p>If Diagnosed with PPD by doctor:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Educate on medications <input type="checkbox"/> seek a therapist who specializes in PPD/PP Anxiety/OCD/Psychosis <input type="checkbox"/> Seek a support group <input type="checkbox"/> get proper rest, relaxation, nutrition & exercise <input type="checkbox"/> Seek therapies that treat the body, mind, spirit, and emotion <input type="checkbox"/> Know that this, too, shall pass