

Risk Factor Check List

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.
- My mother, sister, or aunt was depressed after her baby was born.
- Sometimes it's hard to slow down: I don't need to sleep, have lots of new ideas, and feel very restless.
- 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 more at risk for depression or anxiety during pregnancy or postpartum. It's important to reach out for help.

Call the POEM support line at: 614-315-8989.

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A Program of Mental Health America of Ohio

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