

Example: Mental Health Screening Questions

(Source: Edinburgh Postnatal Depression Scale (EPSD))

Please circle one of the four answers that comes closest to how you have felt in the past 7 days, not just today.

- 1) I have been able to laugh and see the funny side of things
 - a. As much as I always could
 - b. Not quite so much now
 - c. Definitely not so much now
 - d. Not at all

- 2) I have looked forward with enjoyment to things
 - a. As much as I ever did
 - b. Rather less than I used to
 - c. Definitely less than I used to
 - d. Hardly at all

- 3) I have blamed myself unnecessarily when things went wrong
 - a. Yes, most of the time
 - b. Yes, some of the time
 - c. Not very often
 - d. No, never

- 4) I have been anxious or worried for no good reason
 - a. No, not at all
 - b. Hardly ever
 - c. Yes, sometimes
 - d. Yes, very often

- 5) I have felt scared or panicky for no very good reason
 - a. Yes, quite a lot
 - b. Yes, sometimes
 - c. No, not much
 - d. No, not at all

- 6) Things have been getting on top of me
 - a. Yes, most of the time I haven't been able to cope at all
 - b. Yes, sometimes I haven't been coping as well as usual
 - c. No, most of the time I have coped quite well
 - d. No, I have been coping as well as ever

- 7) I have been so unhappy that I have had difficulty sleeping
 - a. Yes, most of the time
 - b. Yes, sometimes
 - c. Not very often
 - d. No, not at all

- 8) I have felt sad or miserable
 - a. Yes, most of the time
 - b. Yes, quite often
 - c. Not very often
 - d. No, not at all

- 9) I have been so unhappy that I have been crying
 - a. Yes, most of the time
 - b. Yes, quite often
 - c. Only occasionally
 - d. No, never

- 10) The thought of harming myself has occurred to me
 - a. Yes, quite often
 - b. Sometimes
 - c. Hardly ever
 - d. Never

If you have had ANY thoughts of harming yourself or your baby, or you are having hallucinations, please tell your doctor or your midwife immediately OR GO TO YOUR NEAREST HOSPITAL EMERGENCY ROOM.

Support Groups

Postpartum Support International

<http://www.postpartum.net/>

HelpLine: 1-800-944-4773 #1 En Español or #2 English

Text in English: 800-944-4773

Text en Español: 971-203-773

Postpartum Support International works to increase awareness about the emotional changes that women experience during pregnancy and postpartum. They help moms, dads, partners & families, queer & trans parents, military families, adoptive and birth mothers, and more.

Resources

- [988 Suicide & Crisis Lifeline Maternal Mental Health](#)
- [National Maternal Mental Health Hotline](#): 1-833-TLC-MAMA (1-833-852-6262)
- [WIC Works Resource System](#)
- [Project TEACH Resources for Parents and Family Members](#)
- [Lifeline for Moms: Help for Postpartum Depression & Other Perinatal Mental Health Challenges](#)