

## Postpartum Risk Factor Check list

- 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 likely to have depression or anxiety during pregnancy or postpartum. Reach out for help to reduce risk.**

**Maria Turner**  
**Marriage and Family Counselor**

*316 W. Boone, Suite 577  
Spokane, WA 99201  
Phone: 509-222-0653*