

POSTPARTUM DEPRESSION PREVENTION PLAN

<p>PRO-ACTIVE EDUCATION:</p> <ul style="list-style-type: none"> ✓ Self-education ✓ prenatal education ✓ Phone list of supports available in the community: <ul style="list-style-type: none"> _____ (e.g.: Family Doctor) _____ (e.g.: PPD Support Group) _____ (e.g.: Family/Friend) <p>Contact Public Health for info, too!</p>	<p>ANSWER EDINBURGH POSTNATAL DEPRESSION SCALE (EPNS) – www.thesmilingmask.com under Valuable Resources, then Assessment Tool:</p> <p>Test after two weeks postpartum and on a regular basis:</p> <ul style="list-style-type: none"> ✓ self-assess ✓ Professional assess ✓ support person assess
<p>SELF-IDENTIFY RISK FACTORS:</p> <ul style="list-style-type: none"> ✓ History of mental illness ✓ Family history of mental illness ✓ Unplanned pregnancy ✓ Level of social support available: <ul style="list-style-type: none"> ✓ Spouse ✓ Family ✓ Friends ✓ Traumatic life events while pregnant ✓ Traumatic labour and delivery ✓ Level of coping skills related to stress <p>WHAT DOES YOUR HELP LOOK LIKE?</p> <ul style="list-style-type: none"> ✓ Cooking ✓ Cleaning ✓ Laundry ✓ Care of your child ✓ Help getting to appointments ✓ General baby care ✓ Breastfeeding guidance ✓ Organizing coffee or exercise dates to get out of the house ✓ Someone taking you to a PPD support group ✓ ✓ ✓ ✓ 	<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 GREY: FLAT OR NO EMOTION GREEN: COPING WELL</p> <p>SUPPORT PERSON’S ROLE:</p> <ul style="list-style-type: none"> ✓ Telephone support ✓ Able to manage low level counselling ✓ Able to determine if you are able to manage on your own ✓ <u>Educated in signs and symptoms of PPD:</u> hopelessness, tearfulness, feelings of inadequacy, guilt, anxiety, anger, obsessive compulsive thoughts of harming yourself and/or baby, irritability, and fatigue. Physical symptoms include: headaches, numbness, chest pain, and hyperventilation. <p>DIAGNOSED WITH PPD BY DOCTOR:</p> <ul style="list-style-type: none"> ✓ Educate on medications *** ✓ Seek a Psychologist/ Counsellor specialized in PPD/OCD/ Psychosis ✓ Seek PPD Support Group ✓ Get proper rest, relaxation, nutrition and physical activity ✓ Seek therapies that treat the body, mind, spirit and emotion ✓ Know that this, too, shall pass.
<p>Remember the first step towards decreasing symptoms from escalating is acknowledgement and asking for and/or accepting help! Honour your and your family’s health and happiness.</p>	
<p>*** Just as with a hairdresser, you have to find a medication, Doctor and Counsellors that you trust and are comfortable with!</p>	

A happy, healthy Mother makes for a happy, healthy family!