

# Mindful Mamas A Guide to Perinatal Well-Being

## Planning a peaceful path through pregnancy, parenting, and beyond.

Around 1 in 5 individuals will experience a perinatal mental health condition. These conditions can have an onset anytime during pregnancy or in the first year postpartum. Specific symptoms and their severity can vary from person to person.

### Using this tool

This tool is designed to support patient education and decision-making for mental health concerns during pregnancy and postpartum. This tool is not a validated screening tool, nor should it be used to diagnose a mental health condition.

## 1 Check Signs & Symptoms

This Page

Review common signs and symptoms of perinatal mental health conditions that your patient may be experiencing.

## 2 Review Actions & Resources

Page 2

Provide recommended actions and resources for when symptoms are present. Consider which resources will best address the symptoms and fit the needs and wants of the perinatal individual.

## 3 Create a Individual Action Plan

Page 3

Review the downloadable digital form and, with your patient's input, complete the individualized plan developed with your patient. Print it out for your patient to take home with them.

### Signs & Symptoms

#### THRIVING

*"This is hard, but I got this."*

**Tired** but can function and keep daily routines.

**Confident** in baby care, bonding, feeding/lactation is going okay.

**Can sleep** when baby sleeps, eats regularly and enough.

Overwhelmed sometimes but **experiences joyful moments**, looks forward to things.

May experience depressive symptoms, or "Baby Blues," but **feels better by end of 2 weeks postpartum**.

#### SURVIVING

*"Something isn't right."*

**Sad**, tearful, overwhelmed, irritable, anxious, disconnected, 'foggy,' or robotic.

**Difficulty with self-care**, cannot sleep when the baby sleeps or is cared for by another trusted person.

**Avoids letting others help** with, hold, or care for baby. Feels guilt, regret, may doubt parenting ability.

**Doesn't enjoy/look forward to things**.

Has **intrusive, unwanted, scary, or repetitive thoughts**, may avoid related situations.

#### STRUGGLING

*"I can't keep this up."*

Symptoms in the *Surviving* list are **present, persistent, and prevent** them from doing what they want, need, and enjoy.

**Unable to care for self, baby, family**.

**Increasing isolation, feels like a failure**.

#### IN CRISIS

*"I can't survive this."*

**Hopelessness**, despair, cannot get out of bed, poor eye contact, isolation.

**Extreme confusion, detachment from reality**, hears voices or sees things.

**Thinks of harming self or baby**, feels that baby/family would be better off without them.

**Refuses to eat, sleep, or get help**.

**Panic attacks, violent outbursts, wants to hide, leave/run away**.

Actions		Resources	
<b>Being in the Crisis zone is a medical emergency. Get help now.</b>			
<b>Go to the nearest emergency department or call a crisis line.</b>	IN CRISIS	<div>Go to the nearest emergency department.</div> <div><b>Emergency</b></div> <div><b>Call 911</b></div>	
<b>Call 911 if you're not safe.</b> Tell them you are pregnant/postpartum.			
<b>While you are waiting, call a trusted person now.</b> Ask them to come and stay with you and baby. Tell them: "I need you to help me stay safe."			
<b>Call your doctor or healthcare provider now.</b> Tell them what you're experiencing, how long and how much it's affecting you.	STRUGGLING	Health care provider (e.g., primary care, OB/GYN) <a href="https://data.HRSA.gov">data.HRSA.gov</a>	
<b>Get evaluated.</b> Ask your therapist or healthcare professional to evaluate you and discuss treatment options.		Mental health counselors (preferably with maternal mental health experience) <a href="https://findtreatment.gov">findtreatment.gov</a> National Maternal Mental Health Hotline <i>Text or call 1-833-TLC-MAMA</i>	
<b>Talk to someone.</b> Tell a trusted friend, partner, or support person how you're feeling and what you need to feel better. Be honest and specific.	SURVIVING	Postpartum Support International (PSI) <a href="https://postpartum.net/get-help/psi-online-support-meetings">postpartum.net/get-help/psi-online-support-meetings</a>	
<b>Seek support</b> in a mom's group, peer support group, or your faith community.		Health care provider (e.g., primary care, OB/GYN)	
<b>Consider therapy.</b> Talk to your doctor or other healthcare professional. Share what you're experiencing and ask about what could help.		Mental health counselors (preferably with maternal mental health experience) <a href="https://findtreatment.gov">findtreatment.gov</a> National Maternal Mental Health Hotline <i>Text or call 1-833-TLC-MAMA</i>	
<b>Monitor and engage in self-care.</b> Maintain healthy routines (including sleep, nutrition, and exercise) and social and support connections.	THRIVING	Welcoming Kansas Babies <a href="https://nbss.ks.gov/information-for-families/welcoming-babies-2">nbss.ks.gov/information-for-families/welcoming-babies-2</a>	
<b>Prioritize sleep!</b> Aim for at least 6 hours each night and bring in support people to help achieve this.		1-800-CHILDREN <a href="https://1-800-CHILDREN">1-800-CHILDREN</a>	
<b>Stay connected</b> to family, friends, and support people. Let them help you or give you a break to nap!		Doulas <a href="https://ksdoulas.org">ksdoulas.org</a>	
<b>Try relaxation strategies</b> like mindfulness, meditation, yoga, massage, acupuncture, deep breathing, aromatherapy, creativity, outside time.		Local moms groups, church groups, or library storytime <a href="https://SupportGroupsInKS.org">SupportGroupsInKS.org</a>	
<b>Talk to someone.</b> Tell a trusted friend, partner, or support person how you're feeling and what you need to feel better. Be honest and specific.			
<b>Seek support</b> in a mom's group, peer support group, or your faith community.			

Support is always available through the **National Maternal Mental Health Hotline 24/7**. Call or text **1-833-TLC-MAMA**.

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**1-833-TLC-MAMA**  
National Maternal Mental Health Hotline

*Planning a peaceful path through pregnancy, parenting, and beyond.*

Honoring your unique journey through pregnancy, parenting, and beyond is essential to your wellbeing. As you shape your plan, consider the traditions, supports, and practices that help you feel grounded, rested, and cared for—especially during the postpartum period.

## Individualized Action Plan

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