

# Maternal Emotional Wellness

## *Self-Assessment and Referral Guide*

Low Risk Symptoms	Recommended Action
<ul style="list-style-type: none"> <li>• Some sadness or low mood</li> <li>• Periodic crying and/or fluctuating mood</li> <li>• Increased worry and feelings of anxiety</li> <li>• Moderate appetite or sleep disturbances</li> <li>• Feeling overwhelmed or irritable</li> <li>• Limited interest in your baby</li> </ul>	<ul style="list-style-type: none"> <li>• Give yourself permission to talk about your feelings</li> <li>• Don't be afraid to ask for or accept help!</li> <li>• Get three hours of uninterrupted sleep (what doctors recommend to new moms)</li> <li>• Eat nutritious foods every three to four hours and stay hydrated</li> <li>• Consider taking a multi-vitamin for its emotional and physical benefits</li> <li>• Begin mild to moderate exercise as your physician permits</li> <li>• Find ways to laugh and spend time with other adults</li> </ul>

Moderate Risk Symptoms	Recommended Action
<ul style="list-style-type: none"> <li>• Severe depression or intense mood swings</li> <li>• Excessive or uncontrollable crying</li> <li>• Severe anxiety or panic attacks (symptoms may include rapid breathing and excessive sweating)</li> <li>• Intense irritability and anger</li> <li>• Intense feelings of shame or inadequacy</li> <li>• Significant change in appetite or weight</li> <li>• Difficult concentrating or making decisions</li> <li>• Ignoring, or providing excessive care for your baby</li> <li>• Reduced interest in favorite activities</li> <li>• Expressions of concern from people close to you</li> </ul>	<ul style="list-style-type: none"> <li>• Contact your obstetric provider and schedule an appointment ASAP</li> <li>• Seek psychiatric care as directed by your obstetric provider</li> <li>• Schedule an appointment with a therapist</li> <li>• Prioritize your needs in the home</li> <li>• Call your insurance provider for help accessing mental health services</li> <li>• Educate yourself about postpartum mental health</li> <li>• Seek in person or online support groups through social media</li> <li>• Call Utah Valley Hospital social workers for help with community resources</li> <li>• Mom/Baby Social Worker is available M-F from 8 am to 4 pm at 801.357.2737</li> <li>• Emergency Department Social Worker is available 24/7 at 801.357.2637</li> </ul>

High Risk Symptoms	Recommended Action
<ul style="list-style-type: none"> <li>• Strange beliefs or visual disturbances</li> <li>• Thoughts to harm yourself or your baby</li> <li>• Taking actions to harm yourself or your baby</li> <li>• Obsessive, intrusive thoughts about your baby</li> <li>• Significant adverse reactions to medication</li> <li>• Confusion and disorientation</li> <li>• Neglect or abandonment of your baby</li> </ul>	<ul style="list-style-type: none"> <li>• Be assured you are not alone and help is available</li> <li>• Speak openly and honestly about your symptoms</li> <li>• Tell loved ones you are experiencing an intense emotional struggle</li> <li>• Consult with your obstetric provider IMMEDIATELY</li> <li>• Go to an Emergency Room right away if you fear for your own or your baby's safety</li> <li>• Call 1.800.273.TALK (National Suicide Prevention Hotline)</li> <li>• Call 1.800.PPD.MOMS (National Peer Mom Volunteers)</li> </ul>

### WHERE YOU CAN GET HELP: Community Resources

**Family Support and Treatment Center:** In person support groups (The Afterbirth: Postpartum Support)  
24/7 Emergency Respite Nursery - staff can watch your baby free of charge while you rest. 1. 801.229.1181

**United Way, Help Me Grow:** Call 211 and volunteers will link you to community mental health services.

**Postpartum Support International** provides education and resources to mothers with any of the above symptoms.  
**Website:** [www.postpartum.net](http://www.postpartum.net) **Phone:** 1.800.944.4773