



THE POSTPARTUM STRESS CENTER

The Postpartum Stress Center, LLC • 610.525.7527 • www.postpartumstress.com

All primary care providers, obstetricians, pediatricians and midwives should feel obliged to attend to the emotional well-being of their perinatal patients.

All healthcare providers: Ask yourself these questions

- Do you screen every patient for prenatal or postpartum mood and anxiety disorders?
- Do you have a reputable resource(s) for mental health referrals?
- Do you feel you have a reasonable amount of knowledge when it comes to state-of-the-art treatment for perinatal mood and anxiety disorders?
- Are you prepared to experience the consequence of failing to screen for maternal mental health concerns?
- Do you feel comfortable probing further if you are concerned or suspicious about any response, lack of response, or behavior you may observe?
- Do you feel capable of providing supportive intervention if needed?
- Do you feel adequately informed about the nature and high rate of occurrence of negative, intrusive thoughts that are anxiety driven?
- Do you feel able to differentiate between anxiety related intrusive unwanted scary thoughts and those that are the result of psychotic and delusional thinking?
- Do you appreciate the serious risk of not addressing the mental health of each and every perinatal patient?
- Have you sufficiently trained your staff to respond appropriately when they suspect symptoms of severe depression, anxiety or psychosis?
- Do you feel prepared to get accurate information and/or psychological support, if necessary, for yourself and/or your staff in order to insure proper care of your patients?