

Advocacy Acronym for Your Perinatal Mental Health

H Help - are you asking for and accepting enough help?

E Emotional - are you tearful most of the time, lacking emotion, feeling unexpected emotions at usual times?

A ADLs (Activities of Daily Living) - are you able to, and interested in: showering, eating, brushing your teeth, getting dressed, etc?

L Learn - do you know your risk factors for developing a PMAD (Perinatal Mood and Anxiety Disorder)?

M Medical - do you know how your medical history and your family's medical history might impact you?

A Apathetic - are you not interested in your baby or things you used to enjoy?

M Medication - are you taking medication as prescribed? Have you considered medication as a tool in your postpartum recovery?

A Anxious - are you having intrusive thoughts or do you feel more anxious than before?

Bring this to your next doctor's appointment and start the conversation.



Are you having harmful thoughts towards yourself, your baby or anyone else?

Talk to your doctor, call 911 or the National Suicide Prevention Hotline (800) 273-8255 immediately

Created by Sarah Baroud, LICSW

www.sarahbaroudlicsw.com

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