POSTPARTUM DEPRESSION PREVENTION PLAN

PRO-ACTIVE EDUCATION:

- ✓ Self-education
- ✓ prenatal education
- ✓ Phone list of supports available in the community:

______ (e.g.: Family Doctor)
_____ (e.g.: PPD Support Group)
_____ (e.g.: Family/Friend)

Contact Public Health for info, too!

ANSWER EDINBURGH POSTNATAL DEPRESSION SCALE (EPNS) – <u>www.thesmilingmask.com</u> under Valuable Resources, then Assessment Tool:

Test after two weeks postpartum and on a regular basis:

- ✓ self-assess
- ✓ Professional assess
- ✓ support person assess

SELF-IDENTIFY RISK FACTORS:

- ✓ History of mental illness
- √ Family history of mental illness
- ✓ Unplanned pregnancy
- ✓ Level of social support available:
 - ✓ Spouse
 - ✓ Family
 - ✓ Friends
- ✓ Traumatic life events while pregnant
- ✓ Traumatic labour and delivery
- ✓ Level of coping skills related to stress

WHAT DOES YOUR HELP LOOK LIKE?

- ✓ 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
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ADOPT A SUPPORT PERSON:

Use a code system to rate feelings and coping skills:

RED: EMERGENCY
BLUE: SADNESS

GREY: FLAT OR NO EMOTION
GREEN: COPING WELL

SUPPORT PERSON'S ROLE:

- ✓ Telephone support
- ✓ Able to manage low level counselling
- ✓ Able to determine if you are able to manage on your own
- Educated in signs and symptoms of PPD: 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.

DIAGNOSED WITH PPD BY DOCTOR:

- ✓ 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.

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.

*** Just as with a hairdresser, you have to find a medication, Doctor and Counsellors that you trust and are comfortable with!