

PMD Symptoms Checklist:

A woman may be experiencing PMD if she feels some of the following symptoms for more than 2 weeks:

- sad and tearful
- hopeless or overwhelmed
- loss of confidence
- worthless
- mood swings
- unable to laugh
- exhaustion and insomnia
- loneliness and isolation
- helpless, frustrated, irritable or angry
- confusion
- guilt, shame, or thinks she is not a good mother
- poor self-care
- extreme highs or full of energy, restlessness
- changes in eating or sleeping patterns
- no interest or pleasure in activities she used to enjoy
- anxiety-may report aches, chest pain, shortness of breath, numbness, tingling or a lump in the throat
- not bonding with the baby or afraid to be with baby
- repeated scary thoughts about the baby
- thoughts about harming herself or the baby

A woman experiencing Postpartum Psychosis may:

- have repeated scary thoughts about herself or baby
- hear or see things that are not there
- believe people or things are going to harm her or the baby
- feel confused or out of touch with reality
- thoughts about harming herself or baby

For more information visit: pmdinpeel.ca