



Talking With Your Healthcare Clinician about Your Mental Health Before, During and After Pregnancy

Many people experience depression, anxiety, and other mental health concerns before, during and after pregnancy. Your healthcare clinician knows about treatments that can help. Below is a worksheet you can complete and some general tips to help you talk with your clinician about your mental health and possible treatments.

- **Consider bringing a partner, friend or family member.** You may find it helpful to have someone you trust with you at your appointment to support you.
- **Be honest.** Describe all your symptoms and the current stressors in your life.
- **Ask questions** about your mental health diagnosis or treatment recommendations.
- **Share your preferences:** Let your clinician know what types of treatments you believe might be most helpful to you as well as those which may not be an option for you.
- **Schedule a follow-up visit** to review any changes in your mental health symptoms, discuss how any treatments are going for you, and decide if treatment changes are needed.

NAME: _____ DATE OF BIRTH: _____

MY CONCERNS:

- | | |
|--|---|
| <input type="checkbox"/> Feeling sad and crying | <input type="checkbox"/> Loss of interest or pleasure in hobbies, activities, or the baby |
| <input type="checkbox"/> Feeling hopeless, guilty or worthless | <input type="checkbox"/> Feeling overwhelmed and unable to cope |
| <input type="checkbox"/> Irritability or anger that aren't normal for me | <input type="checkbox"/> Feeling afraid to be alone or alone with the baby |
| <input type="checkbox"/> Unable to stop worrying | <input type="checkbox"/> My own safety or my baby's safety |
| <input type="checkbox"/> Difficulty sleeping | <input type="checkbox"/> Scary thoughts or fears |
| <input type="checkbox"/> Poor appetite | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Thoughts of hurting myself or that I would be better off dead | |

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Questions I have about my mental health and goals for our appointment:

Current medications:

Including over-the-counter drugs, herbal remedies, vitamins, and supplements

Counseling and other non-medication treatments:

Including substance use treatment, support groups, or other types of care

My mental health history, current and past trauma (if comfortable for you), and family history of mental illness:

Healthcare Providers: Project TEACH is available at no cost to all clinicians across New York State who care for children, adolescents, and perinatal patients. We are here to support you in addressing your patients' mental health needs and concerns. Our Reproductive Psychiatrists offer consultation, evaluation support, and maternal mental health trainings both virtually and in-person. Additionally, our liaison coordinators can provide referral assistance. To request services, call us at 855-227-7272.