



BLOOM
FOUNDATION

**Maternal Mental Health Illness:
Recognized Risk Factors**

- History of depression, anxiety/OCD or PPD previously.
- History of bipolar disorder or psychosis.
- Family has a history of mental illness, bipolar disorder or psychosis.
- History of, or are currently experiencing trauma. (*Examples: domestic violence, verbal/sexual abuse, poverty, loss*)
- History of diabetes, thyroid disorders or pre-menstrual dysphoric disorder (PMDD).
- Have experienced a stressful event in the last year. (*Examples: job loss, recent move, divorce/relationship problems, loss*)
- Single Mother.
- Limited to no help/support at home from my partner/family members.
- Financial stress.
- Infertility treatment(s).
- Previous history of miscarriage, stillbirth or other associated loss.
- Expecting multiples.
- High-risk pregnancy. (*Examples: hyperemesis, bed rest, pre-term labor*)
- Away from home country/culture.