



BLOOM

FOUNDATION

Recognized Risk Factors Link to Maternal Mental Illness

(Moms, check any that apply)

- I have had depression, anxiety/OCD or PPD before
- I have had a history of bipolar disorder or psychosis
- My family has a history of bipolar disorder or psychosis
- My family has a history of mental illness
- I have a history of or am now going through trauma
(examples: domestic violence, verbal abuse, sexual abuse, poverty, loss of a parent)
- I have had a stressful event in the last year *(for example: house move, job loss, divorce, relationship problems, or the death of a loved one)*
- I'm a single mom
- I don't have much help or support at home from my partner or family members
- I have a lot of financial stress
- I have had infertility treatment
- I have had a previous miscarriage or stillbirth
- I have a history of diabetes, thyroid problems, or pre-menstrual dysphoric disorder (PMDD)
- I am expecting multiples
- I'm away from my home country or culture
- I am a high risk pregnancy *(bed rest, hyperemesis, pre-term labor)*

This checklist is not intended to diagnose any mental illness. It is a discussion tool for moms to use with healthcare providers.