

Your Voice Matters:

Making the Most of Your Postpartum Check-In

That 6-week postpartum visit?

It's about more than just physical recovery. It's a chance to check in on **YOU**. If you've been feeling off, anxious, low, or just not quite like yourself, it matters.

Common signs of a perinatal mental health disorders can include:

- Feelings of guilt, shame or hopelessness
- Feelings of anger, rage, or scary and unwanted thoughts
- Lack of interest in the baby or difficulty bonding
- Loss of interest in things you used to enjoy
- Disturbances in sleep or appetite
- Constant worry, sadness, or racing thoughts
- Physical symptoms like nausea or dizziness
- Thoughts of harming yourself or the baby

"I'm having a hard time bonding with my baby."

"I've been feeling off since the baby came, and it's not getting better."

5 Ways to Start the Conversation With Your Provider

"I feel sad all of the time."

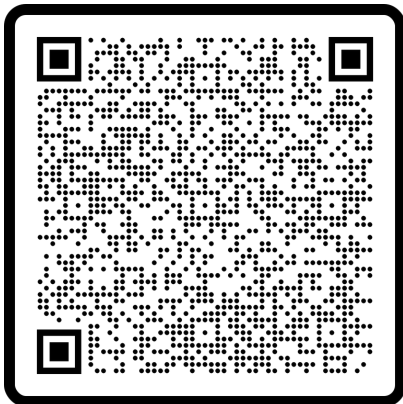
"I've been having thoughts that are scaring me."

"I'm more anxious than I expected, and it's interfering in daily life."

What Happens Next

Once you are ready to talk with your provider about what's going on, there are some possibilities of what happens next. They may:

- Offer you a referral(s)
- Discuss support resources
- Provide options around medication
- Just talk with you some more



For the mom who's quietly struggling, or the partner who wants to better understand how to help, this blog offers a quiet place to start. Scan the code and see if anything clicks.



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