

Pregnancy and postpartum

What Support I Need During This Perinatal Period

Adults | 10 to 15 minutes

Pregnancy and the period after birth can bring physical changes, new demands, and many kinds of feelings. You do not have to feel grateful or bonded on a schedule. Use this page to make one concern visible to a qualified care professional or trusted support.

Choose one current difficulty. Include your own wellbeing and practical needs rather than focusing only on what others expect.

Describe the impact

Notice mood, worry, sleep opportunity, concentration, daily functioning, or a change that feels unlike your usual experience. You do not need to decide whether it is a diagnosis.

Arrange specific help

Prepare a request such as accompaniment to an appointment, help contacting a clinician, or coverage for a care task. Discuss persistent or severe symptoms promptly with the perinatal healthcare team.

1. What concern would I like my care team to understand?**2. How is it affecting me or my ability to manage daily needs?****3. What practical task could someone else help with?****4. Who can I contact for assessment, and what might make contact easier?****Clinical use and adaptation**

Use inclusive parent and family language. Assess depression, anxiety, mania, psychosis, and safety as indicated. Hallucinations, severe confusion, or immediate danger to parent or baby requires emergency assessment. Do not attribute all symptoms to normal adjustment or advise medication changes.

Original educational resource. Adapt with a clinician; not a validated assessment or complete treatment protocol.

Conceptual references: W02, S16. Full sources are in the online preview and collection appendix.

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