

Warning Signs for New Mums

What to look out for

Mental health checklist for parents

Check this chart to get a better sense for how you're feeling and when to seek help

LOOKING AFTER YOURSELF IS IMPORTANT IN THOSE FIRST WEEKS & MONTHS



EMOTION & FEELINGS

Are you:

- in a low mood a lot of the time
- often feel teary or sad
- losing confidence
- feeling angry or cranky
- feeling overwhelmed or like you can't cope

THINKING CHANGES

You might:

- Think that everything that goes wrong is your fault, or that you're worthless or a failure
- Think your baby would be better off with someone else
- Have trouble thinking clearly, concentrating or making decisions
- Think about hurting yourself or your baby.



BEHAVIOUR AND SOCIAL CHANGES

You might:

- Lose interest in activities you normally enjoy
- Find it hard to get moving
- Fear being alone or going out
- Fear being alone with your baby
- Withdraw from close family and friends
- Not look after yourself properly.



PHYSICAL CHANGES

You might have:

- sleep problems – for example, you can't sleep or you're sleeping a lot more than usual
- Changes in appetite – for example, you're not eating or You're overeating
- Low energy levels.



IF THIS IS YOU OR SOMEONE YOU KNOW, PLEASE GET HELP

This Infographic is not a substitute for an assessment by a mental health professional.

FOR MORE: [HTTPS://WWW.AMANDAROBINSPSYCHOTHERAPY.COM.AU/EMOTIONAL-WELLBEING-FOR-NEW-PARENTS](https://www.amandarobinspsychotherapy.com.au/emotional-wellbeing-for-new-parents)

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