Name: __________________________________________  Date_________________________

Your Date of Birth: __________ Baby’s Date of Birth____________ Score______________

Now that your baby is 3 months old, we would like to know how you are feeling. Please take a few minutes to answer the questions below. Check the answer that comes closest to how you have felt IN THE PAST 7 DAYS, not just how you feel today.

Here is an example, already completed.

I have felt happy:
☐ Yes, all the time
☐ Yes, most of the time  This would mean: “I have felt happy most of the time” during the past week.
☐ No, not very often  Please complete the other questions in the same way.
☐ No, not at all

In the past 7 days:

1. I have been able to laugh and see the funny side of things
   0 As much as I always could
   1 Not quite so much now
   2 Definitely not so much now
   3 Not at all

2. I have looked forward with enjoyment to things
   0 As much as I ever did
   1 Rather less than I used to
   2 Definitely less than I used to
   3 Hardly at all

3. I have blamed myself unnecessarily when things went wrong
   3 Yes, most of the time
   2 Yes, some of the time
   1 Not very often
   0 No, never

4. I have been anxious or worried for no good reason
   0 No, not at all
   1 Hardly ever
   2 Yes, sometimes
   3 Yes, very often

5. I have felt scared or panicked for no very good reason
   3 Yes, quite a lot
   2 Yes, sometimes
   1 No, not much
   0 No, not at all

6. Things have been getting on top of me
   3 Yes, most of the time I haven’t been able to cope at all
   2 Yes, sometimes I haven’t been coping as well as usual
   1 No, most of the time I have coped quite well
   0 No, I have been coping as well as ever

7. I have been so unhappy that I have had difficulty sleeping
   3 Yes, most of the time
   2 Yes, sometimes
   1 Not very often
   0 No, not at all

8. I have felt sad or miserable
   3 Yes, most of the time
   2 Yes, quite often
   1 Not very often
   0 No, not at all

9. I have been so unhappy that I have been crying
   3 Yes, most of the time
   2 Yes, quite often
   1 Only occasionally
   0 No, never

10. The thought of harming myself has occurred to me
    3 Yes, quite often
    2 Sometimes
    1 Hardly ever
    0 Never
Edinburgh Postnatal Depression Scale\(^1\) (EPDS)

### SCORING

Add up the numbers next to each answer that you checked. You must answer all of the questions to get an accurate assessment. If your score is 10 or higher it is recommended that you discuss these results with your primary healthcare provider. If you would like to speak with one of our nurses or to set up a home visit, please call the Juneau Public Health Center at 465-3353.

If you answered yes to question 10 please seek help immediately. Help can be found by calling your primary provider, 911 or the Careline at 452-4357 or 1-800-273-8255.

Postpartum Depression affects up to 20% of women 1 month to 1 year after having a baby. Unrecognized and untreated postpartum depression can have long term effects for you and your baby. This questionnaire is an effective way to see if you are at risk for or might have postpartum depression. It is just a screening tool, not a diagnosis. Postpartum depression is treatable with counseling, support groups and/or medication. Rest, exercise, changes in diet and seeking support from family and friends can also help. It is important to work with your healthcare provider to find what works for you.

<table>
<thead>
<tr>
<th>Local Resources</th>
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<tr>
<td><strong>Beyond Baby Blues Support Group</strong></td>
<td><strong>postpartum.net</strong></td>
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<td>- online support groups</td>
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<td>Thursday 5:30-6:30 at the Juneau Birth Center</td>
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<td>Careline Crisis Line</td>
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<td>800-273-8255</td>
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<td>JAMHI 463-3303</td>
<td><strong>marchofdimes.com</strong></td>
</tr>
<tr>
<td>Bartlett Outpatient Psych</td>
<td>- information about postpartum depression</td>
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<tr>
<td>796-8498</td>
<td><strong>juneaumentalhealth.org</strong></td>
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<tr>
<td>SEARHC: Main #: 463-4040</td>
<td><strong>juneausuicideprevention.org</strong></td>
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<td>Behavioral Health</td>
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<td>364-4445</td>
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<td>24 Hour Helpline</td>
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<td>294-0074</td>
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<tr>
<td>Kathryn Cranor, MA, LPC 500-2365</td>
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</tbody>
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**How to Help Yourself**

Try to:

* Find joy and relaxation in life
* Exercise 20-30 mins each day
* Sleep 6 hours out of 24
* Eat healthy and regularly, drink plenty of fluids
* Avoid alcohol, tobacco and drugs
* Reach out for support from family, friends, parenting groups

**Online Resources**

- [postpartum.net](#)
  - Online support groups
  - Information about postpartum depression
- [beyondblue.org](#)
  - Online version of EPDS
  - Information about postpartum depression
  - Links to other resources
- [marchofdimes.com](#)
  - Information about postpartum depression
- [juneaumentalhealth.org](#)
- [juneausuicideprevention.org](#)