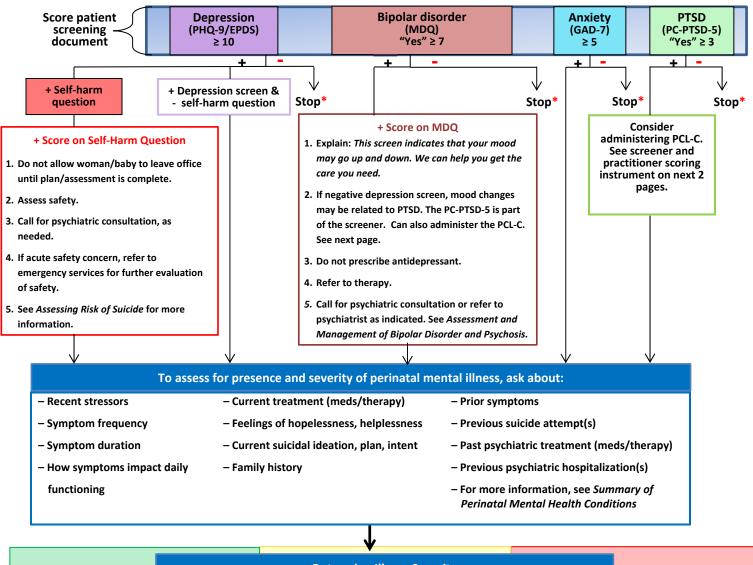


# **Assessing Perinatal Mental Health**



#### **Determine Illness Severity**

# MILD

Depression screener score 10-14

GAD-7 score 5-9

PC-PTSD-5 score < 3

No suicidal ideation

Not feeling hopeless, helpless, worthless

No previous psychiatric hospitalization

No or minimal difficulty caring for self or baby

# MODERATE

Depression screener score 15-19

GAD-7 score 10-14

PC-PTSD-5 score ≥ 3

Suicidal ideation present

Sometimes feels hopeless, helpless, worthless

Previous psychiatric hospitalization

Some difficulty caring for self or baby

#### For mild, moderate, and severe illness:

- Start treatment, see Starting Treatment for Perinatal Mental Health Conditions.
- Check for underlying medical condition order TSH, B12, folate, Hgb, Hct
- Assess for substance use or medications which can cause or worsen mood/anxiety disorders

#### **SEVERE**

Depression screener score >19

GAD-7 score >15

PC-PTSD-5 score ≥ 3

Suicidal ideation, intent and/or plan

Previous suicide attempt(s)

Often feels hopeless, helpless, worthless

History of multiple psychiatric hospitalization(s)

Often feels unable to care for self or baby

May experience hallucinations, delusions or other psychotic symptoms (e.g., major depression with psychotic features or bipolar disorder with psychotic features)

History of multiple medication trials

<sup>\*</sup>If all screens are negative, tell her they were negative and say, "if something changes, please let us know. We are here."