



Name

DOB

Date

Mind Matters

Having a baby can be an incredible and lifechanging experience that challenges both Mums' and Dads' emotions on many levels. Your Midwife is going to ask some questions about your medical history and your personal circumstances.

You may have experienced periods of mental ill-health yourself. You may have witnessed a family member or partner struggling with their own mental health. You may have experienced a traumatic incident or experienced a prolonged period of trauma that still has impact on your responses. You will have learnt many skills that are going to help you in your future. However, it is helpful for the maternity team to be aware of any additional support that may enable them to deliver the best care, tailored to your needs.

Getting the right people involved and being prepared gives you:-

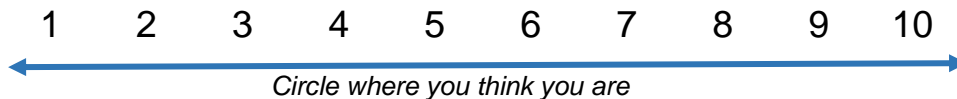
- The best chance of enjoying your own or your partner's pregnancy.
- Gives you the best chance to start bonding with your baby
- The Maternity Team can work with you to help you have a positive pregnancy and birth experience
- Reduces the chance of complications both before and after the birth.

We invite you to complete the questions below to help with this process.

How are you feeling emotionally?

Not good at all

Feel amazing



Please tell us briefly why you scored yourself as you did



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Are you facing any challenging situations currently? (financial, housing, employment, relationships, health, bereavement, family illness, fertility problems, harassment etc)

No

Could you tell us about any periods of Diagnosed or Undiagnosed Depression or Anxiety?

This may have been a previous postnatal depression or illness.

N/A

Have you experienced any other mental health problems? (Such as phobias, eating disorder, OCD, bipolar disorder, schizophrenia, BPD, PMS or PMDD)

No

Are you currently on or recently taken any medication for your mental health? (Including 'over the counter' remedies)

No



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Please describe any support you have accessed. (Self-help, GP, online support, group work, one to one counselling, additional support at school, medication, in-patient care, support from drug and alcohol services etc.) Please comment what was helpful or was not useful to you.

N/A

Has anyone in your immediate family or your partner experienced mental health problems? (Including postnatal depression in direct female relatives)

No

Have you ever experienced any particularly difficult experiences? Such as:- had a child who was very sick, experienced a traumatic delivery, lived in a household with domestic violence, suffered bereavement, lived with someone with a mental health condition, had or have a member of the household in prison, yourself or a sibling being abused or neglected in any way, lived with someone experiencing alcohol or drug problems, experienced physical or sexual assault etc.

No

Is there anything else that would be helpful for us to understand? For example:- you might have a negative reaction to hospitals, not had good experiences with health professionals before, are worried about being misunderstood etc.

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These following questions are a starting point for you to let your maternity team know how your mental health is now. Please tick or cross in the applicable box below

1. During the last month, have you often been bothered by feeling down, depressed or hopeless?

Yes [] No []

2. In the past months, have you often been bothered by little interest or pleasure in doing things?

Yes [] No []

3. Over the past two weeks, how often have you been bothered by the following problems?

- Feeling Nervous, anxious or on edge?

Not at all []

Several Days []

More than half the days []

Nearly every day []

- Not being able to stop or control worrying?

Not at all []

Several Days []

More than half the days []

Nearly every day []

Is your partner aware of the information you have shared? Yes [] No [] Partially [] N/A []

Thank you for taking the time to complete this information.

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Please be assured that this information will be documented safely. Your information would only be shared outside of the maternity service with your consent in order to access the right service for you and your baby.