

Perinatal Illness - UK

Registered Charity 1105767

Patron Fern Britton

*Write your name, address
and date of birth here*

Date.

Dear Doctor,

I have printed this letter from the PNI-UK.com website to help me communicate with you.
Since having my baby, I have had the following symptoms:

Postnatal Illness / Depression Questions

- Do you feel you are a 'bad' mother?
- Did you have depression before you were pregnant?
- Did you have depression, anxiety or PNI symptoms before?
- Do you have horrible and distressing thoughts about yourself and your baby?
- Are you visualising terrible things happening to your baby caused by you?
- Do you have fast moving thoughts which don't go away especially when you try to sleep?
- Are you anxious or obsessive about your baby's health, welfare and safety?
- Do you clean the house all of the time or have obsessive thoughts about a fear of germs or illness harming your baby?
- Do you think about knives, or other dangerous objects or driving in your car and then have 'what would happen if...' thoughts?
- Do you think you are a 'bad person' rather than thinking you may have some kind of postnatal illness?
- Did you feel numb after having your baby—like he/she wasn't really yours?
- Do you play the birth in your mind time and time again because it was so awful for you?
- Are you able to enjoy life, have a sense of humour and laugh like you did before having your baby?
- Do you feel 'not right in yourself' since the birth of your baby?
- Do you avoid talking about the birth because you feel numb, or cry excessively about how you were treated?
- Are you hiding how you really feel about any of the issues mentioned in the questions above?

Birth Trauma Questions

- Do you feel so angry you fantasise about hurting the staff who delivered your baby?
- Do you have flashbacks, nightmares or panic attacks?
- Do you have difficulty sleeping?
- Do you feel irritable and are roused to anger easily?
- Do you avoid talking about the birth and get 'panicky' when you are reminded of it in anyway?

Other symptoms you wish to mention:

I have been frightened by the intensity of my symptoms, which is why I have put off making an appointment with you.

Where do I go from here in terms of specialist perinatal treatment?

Is there a dedicated Mother & Baby Unit (which is approved by the Faculty of Perinatal Psychiatrists- attached to the Royal College of Psychiatrists) in this area or can I have a referral to the nearest one- where I can receive out-patient or in-patient treatment and care in my area?

If not, could you explain what services are in this area please?

Thank you.

(Sign your name)