

**Speak Up When You are Down: Pregnancy and Postpartum Mental Health**

**Evaluation, February 10, 2023**

**Select appropriate Continuing Education Certificate  
 \_\_\_\_\_** Counselor  
 \_\_\_\_\_ Nurse

**Objectives (Rate the following on a scale 5 (high) to 1 (low) – place at end of line**At the conclusion of this activity the learner should be able to:  
1. Examine potential and real risk factors leading to mental health issues in pregnancy and postpartum \_\_\_\_\_

2. Differentiate between various techniques appropriate to alleviate the symptoms of mental health issues in pregnancy  
 and postpartum \_\_\_\_\_

3. Identify appropriate resources as needed for mental health issues in pregnancy and postpartum \_\_\_\_\_

\_\_\_\_\_

**Rate the following on a scale of 5 (high) to 1 (low) – place number at end of line**

1. Session was well organized/interesting delivery \_\_\_\_\_
2. Presenter(s) were knowledgeable of subject \_\_\_\_\_
3. Overall effectiveness of the presenter(s) \_\_\_\_\_
4. Information met my expectation for the session \_\_\_\_\_
5. Information was new/useful for me \_\_\_\_\_
6. Overall, session was beneficial to me \_\_\_\_\_
7. My level of knowledge on this topic before the presentation. \_\_\_\_\_
8. My level of knowledge on this topic after the presentation. \_\_\_\_\_

**Print your name for CE purposes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Please complete this evaluation and return to** [**charlenemr@knology.net**](about:blank) **within 2 weeks after the session to receive your Certificate of Attendance.**