**PMAD & SUD Symptom Checklist**

**Recognizing Symptoms and Seeking Help**

This checklist can help you identify possible signs of **Perinatal Mood and Anxiety Disorders (PMAD)** and **Substance Use Disorders (SUD)**. It is not a diagnostic tool but a guide to help you recognize when to seek support. If you check multiple symptoms in either category, consider contacting a healthcare provider or a trusted support service.

**PMAD (Perinatal Mood and Anxiety Disorders) Symptoms**

Check the symptoms you’ve experienced recently:

**Emotional Signs:**

☐ Feeling sad, hopeless, or overwhelmed most of the time.

☐ Frequent crying spells without an obvious reason.

☐ Loss of interest in activities you usually enjoy.

☐ Irritability, anger, or restlessness.

☐ Intense guilt, shame, or feelings of inadequacy as a parent.

**Physical Signs:**

☐ Difficulty sleeping, even when the baby is sleeping.

☐ Extreme fatigue or lack of energy.

☐ Appetite changes (eating too much or too little).

**Cognitive Signs:**

☐ Difficulty concentrating or making decisions.

☐ Intrusive thoughts or fears of harming yourself or your baby.

☐ Persistent worry or excessive anxiety, including panic attacks.

**SUD (Substance Use Disorder) Symptoms**

Check the symptoms you’ve experienced recently:

**Behavioral Signs:**

☐ Using substances to cope with stress, anxiety, or sadness.

☐ Being unable to cut down or stop using a substance despite wanting to.

☐ Neglecting responsibilities, including caring for your baby, due to substance use.

**Physical Signs:**

☐ Experiencing withdrawal symptoms (e.g., nausea, sweating, or shaking) when not using the substance.

☐ Needing more of the substance to feel the same effect (tolerance).

**Emotional Signs:**

☐ Feeling ashamed, guilty, or defensive about your substance use.

☐ Using substances to numb emotions or escape problems.

**Combined Risk Factors**

You may be at higher risk if you are experiencing or have experienced:

☐ Lack of support from family or friends.

☐ Previous mental health conditions or trauma.

☐ Intense life stressors (e.g., financial strain, housing instability).

☐ A history of substance use or dependency.

**When to Seek Help**

If you checked **3 or more symptoms** in either category or feel that your symptoms are interfering with daily life:

* **Contact your healthcare provider.**
* **Reach out to Maternal Matters Favored or a local support organization.**
* **Call 988 (Suicide and Crisis Lifeline)** for confidential, 24/7 support.

**Remember: You Are Not Alone**

Help is available. Many mothers experience PMAD and SUD, and recovery is possible with the right support.