



# Postpartum Social Support Screening

Practical and emotional support is important in protecting against maternal mental health disorders; take this survey to see how your social support system measures up.



The following questions are about how much support you can count on from people around you.

## How often is each of the following kinds of support available to you if you need it?

Circle one number per line:	None of the time	A little of the time	Some of the time	Most of the time	All of the time
Someone you can count on to listen to you when you need to talk	1	2	3	4	5
Someone to give you good advice about a problem	1	2	3	4	5
Someone to take you or baby to the doctor if needed	1	2	3	4	5
Someone you can laugh or just relax with	1	2	3	4	5
Someone to help you get information or help you to solve a problem	1	2	3	4	5
Someone to help you with chores or with taking care of the baby	1	2	3	4	5
Someone to share your most private worries and fears with	1	2	3	4	5
Someone to do something enjoyable with	1	2	3	4	5
Someone to love you and make you feel special	1	2	3	4	5

Who helps you the most with practical things (feeding baby, folding laundry, grocery store)?

- Spouse  
  Community Health Worker  
  Other family members  
  Friends  
  Paid helper  
 Doctor  
 Nurse  
 Case manager  
 No one  
 Other (please specify) \_\_\_\_\_

With whom do you feel most comfortable sharing your feelings or talking about something that is worrying you?

- Spouse  
  Community Health Worker  
  Other family members  
  Friends  
  Paid helper  
 Doctor  
 Nurse  
 Case manager  
 No one  
 Other (please specify) \_\_\_\_\_

Who helps you the most in with the transition to motherhood?

- Spouse  
  Community Health Worker  
  Other family members  
  Friends  
  Paid helper  
 Doctor  
 Nurse  
 Case manager  
 No one  
 Other (please specify) \_\_\_\_\_

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