

Make the next care conversation easier.

Questions and practical logistics for a postpartum visit. Not a symptom score or self-diagnosis form.

Start with what is actually happening

“Here is what has felt difficult. Here is when it began. Here is what I can and cannot manage.” It is okay to ask for support before things become severe.

Ask about prevention and follow-up

“Given my history and current situation, would preventive counseling or an earlier follow-up be appropriate?” Ask what to do after hours and when to seek urgent help.

Ask about symptoms and physical contributors

“Could sleep problems, pain, thyroid concerns or another medical issue be contributing? What assessment makes sense for me?” A targeted evaluation is different from buying every test.

State preferences without closing doors

“I prefer non-medication options when they are appropriate. What are the benefits, limits and signs that we should adjust the plan?” Needing medication is not a failure.

Make getting there possible

Appointment / contact: _____

Transport owner: _____

Childcare or baby-care help: _____

Backup: _____

Leave with a concrete next step

“What happens next, when should I expect improvement, and who do I contact if things worsen?” Write the actual plan rather than relying on an app to infer it.

Care is always allowed

US maternal support: call or text **1-833-852-6262**, 24/7. For a suicide or mental-health crisis, call/text **988**. Immediate danger, hallucinations, delusions or severe confusion after birth: call **911** or go to an emergency department. Arrange a trusted adult to remain with and care for mother and baby. Outside the US, use local emergency services.

Educational planning guide. Not diagnosis, therapy, prevention or treatment. No one monitors this guide or website. Independent clinical review is pending. Follow the mother's and baby's actual care instructions.

Free planner and sources: held-days.vercel.app/resources

Primary guidance: NIMH · NHS · HRSA