

Why we are asking you ten simple questions:

Dear New Mother,

We hope that your baby is fine, but we want to be sure that you are, too.

While nine out of ten new mothers may feel little more than the baby blues, one out of ten feels worried or depressed.

If you are sad or worried, we want to know so that we can work together to be of help.

If we see that you are at high risk for depression, someone from our staff will either talk with you while you are here or call you within the next two days.

All mothers should be able to get needed help. No new mother should feel alone.

Thank you.

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*Please provide your name_____ today's date _____
and a contact phone number_____ .*

Yes ____ or No ____ Even if I am not at substantial risk, I would welcome a check-in phone call for a chat, from you or someone in your Department, in the next several days.