

# Post-Birth Health Check

*"Follow the B's!"*



## Checklist Element

## Patient Response

## Notes



### Blues

How are your moods? Do you have times of sadness or feeling anxious?



### Bonding

How is bonding with baby/babies going for both you and your support person(s)?



### Breasts (or Bottle)

Any concerns about your breasts?  
How is your baby feeding?



### Bleeding

Do you feel you are bleeding too much?



### Bottom

How is your bottom/are your stitches?  
Any concerns with urinating or with bowel movements?



### Baby Spacing

Would you like information on family planning?



### Blood Pressure

How has your blood pressure been?



### Before You Go

- Have you had an increase in your temperature or feel like your heart is beating too fast?
- Any issues with headaches or vision changes since birth?
- If you had a cesarean birth, how is your incision healing?
- Are there any services on which you would like information?

# Postpartum Support Help Lines



**Dial 2-1-1 for Confidential Crisis Intervention & Referrals**

**Dial 9-8-8 for the National Suicide Prevention Lifeline**

## Blues

**HRSA Maternal Mental Health Hotline 1-833-943-5746**

TTY: 711 then 1-833-943-5746 <https://mchb.hrsa.gov/national-maternal-mental-health-hotline> (Free national phone resource for mental health support)

**Postpartum Support International Help Line 1-800-944-4773** <https://www.postpartum.net/>

(Free national support for help with postpartum mood and anxiety disorders)

**Florida Family Health Line 1-800-451-2229**

(Free hotline from Florida Department of Health for help finding community resources for postpartum & newborn care. Available in English, Spanish, & Haitian Creole)

**National Domestic Violence Hotline 1-800-799-7233** <https://www.thehotline.org/>

**Spanish 1-800-942-6908 Text START to 88788**

(Free hotline to help with intimate partner/domestic violence issues)

**National Suicide Prevention Lifeline 1-800-784-2433 or 988** <https://988lifeline.org/>

**Crisis Lifeline 1-800-273-8255**

**Crisis Text Line Text HOME to 741741** <https://www.crisistextline.org/>

(Call or text if having thoughts of harming yourself or others)

**SAMHSA National Help Line- 1-800-662-4357**

TTY: 1-800-487-4889 <https://www.samhsa.gov/find-help/national-helpline>

(Free national help line for those who seeking support for substance use issues)

## Breast

**WIC Breastfeeding Support Hotline: 1-800-994-9662**

(Free national hotline. Staff trained to help with breastfeeding support & resources)

**Florida Breastfeeding Coalition** <https://www.flbreastfeeding.org/state-coalitions/>

(Local coalition numbers, websites, and social media can be found at the link)

## Additional Resources

**LGBT National Hotline 1-888-843-4564** (not 24/7) <https://www.lgbthotline.org/>

**The Trevor Project 1-866-488-7386** <https://www.thetrevorproject.org/> (Youth 13-24)

**Text START to 678678** (Free hotline for suicide prevention for LGBTQ+ youth)

**Human Trafficking Hotline 1-888-373-7888**

**National Eating Disorders Help Line 1-800-931-2237** (not 24/7) <https://www.nationaleatingdisorders.org/>

**National Sexual Assault Hotline (RAINN) 1-800-656-4673** <https://www.rainn.org/>

Chat line: [online.rainn.org](https://online.rainn.org) (Free, confidential 24/7 help for sexual assault survivors)

## Local Resources