

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 have concerns about bleeding now or bleeding you had during birth?



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

Women's Health Resources Help Line: 1-800-994-9662

(Free national help line. 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 (Free, confidential 24/7 help for sexual assault survivors)

Local Resources