Needs Assessment

Bright Beginnings

Understanding women's experiences seeking help for feeling anxious, overwhelmed and/or struggling to cope after having a baby

Q1 Some of your details:

How old are you?
How many months ago did you give birth?
How many children do you have?
2 Please state after the birth of which child you evperi

Q2 Please state after the birth of which child you experienced symptoms of sadness, depression, anxiety or stress e.g. "1st of 3" or "1st and 2nd of 2".

Q3 Did you make an appointment with your GP to discuss seeking help for any symptoms of sadness and depression?



Perceptions of Mental health Services

Q4 To what extent would you agree with the following statements:

		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Not applicable
1.	There was an opportunity to discuss mental health resources at the 6-week check up	0	0	0	0	0	0
2.	None of the healthcare professionals seemed interested in discussing my mental health	0	0	0	0	0	0
З.	A health professional presented several mental health service options	0	0	0	0	0	0
4.	I did not feel that my doctor was the best place to get mental health information and	0	0	0	0	0	0
5.	treatment resources I did not talk with the doctor about my mental health as I thought they would	0	0	0	0	0	0
б.	not understand I did not know how to seek help for the way I was feeling	0	0	0	0	0	0
7.	I did not know that there were community resources that could provide support for my	0	0	0	0	0	0
8.	sadness/depression I viewed seeking support for depression as a sign of weakness	0	0	0	0	0	0
9.	My doctor informed me of resources that were financially realistic	0	0	0	0	0	0
10.	The doctor was knowledgeable about mental health problems and local	0	0	0	0	0	0
11.	resources There was a lack of talking therapies available through my doctor	0	0	0	0	0	0
12.	I am familiar with seeking mental health advice	0	0	0	0	0	0

13.	I was too overwhelmed to seek community resources on my	0	0	0	0	0	0
14.	own My insurance covers mental health care for Postpartum Depression	0	0	0	0	0	0

Partner and Family Support

Q6(b) To what extent would you agree with the following statements: (Click the appropriate)

		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Not Applicable
15.	I was encouraged by my partner to tell a healthcare professional how I felt	0	0	0	0	\bigcirc	0
16.	I felt that my partner prioritized our baby over my mental health	0	0	0	0	\bigcirc	0
17.	I feel supported by my family	0	0	0	0	0	0
18.	The support my partner is offering is just right for me	0	0	0	0	\bigcirc	0
19.	I was not offered any support outside my doctor	0	0	0	0	0	0
20.	My partner encourages me to seek help	0	0	0	0	\bigcirc	0
21.	My partner encourages me to seek help	0	0	0	0	\bigcirc	0
22.	My family is adjusting well to the new baby	0	0	0	0	0	0
23.	Within the past year I have been physically, sexually, emotionally, or verbally abused by a partner or family member	0	0	0	0	0	0
	I feel supported by my family Feeling supported by my partner/family improves my mood	0	0	0	0	0	0

Physical Needs

To what extent would you agree with the following statements: (Click the appropriate)

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Not Applicable
26. I have dependable transportation	0	0	0	0	0	0
27. I need help finding childcare	0	0	0	0	0	0
28. I have all the baby supplies I need	0	0	0	0	0	0
 I have health insurance that meets my physical and mental health needs 	0	0	0	0	0	0
 I have a stove, refrigerator, and microwave 	0	0	0	0	0	0
31. I have access to hot and running water	0	0	0	0	0	0
32. I have access to nutritious meals	0	0	0	0	0	0
33. I have access to baby formula	0	0	0	0	0	0
34. I receive SNAP Benefits	0	0	0	0	0	0
35. I receive WIC benefits	0	0	0	0	0	0
					No	Yes
36. I receive SNAP Benefits					0	0
37. I Receive WIC Bene	fits				0	0

Friends that encourage women to seek help	0	0	0	
Close relationships with health professionals	0	0	0	
Continuity of care from a single known person	0	0	0	
Health professionals being empathetic and non-judgemental	0	0	0	
Opportunity to build trust and respect with healthcare professionals	0	0	0	
Honest discussions with GP about medications to get full information	0	0	0	
Having my voice heard in discussions and decisions about treatment	0	0	0	
Internet forums and communities/ blogs	0	0	0	
Social media <u>e.g.</u> Facebook, Twitter, Instagram	0	0	0	
Internet searches about symptoms	0	0	0	

Source- https://www.cambridge.org/core/journals/primary-health-care-research-anddevelopment/article/understanding-barriers-to-women-seeking-and-receiving-help-for-perinatalmental-health-problems-in-uk-general-practice-development-of-aguestionnaire/5430A023D2DE26E089E7B18B43587309#supplementary-materials