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Problem	Category	Target	Guide	
Mental Health	Surveillance	signs/symptoms-mental/emotional	frequency of symptoms	 
Mental Health	Surveillance	signs/symptoms-mental/emotional	hx of mental health	 
Mental Health	Surveillance	signs/symptoms-mental/emotional	mental health diagnosis	 
Mental Health	Surveillance	signs/symptoms-mental/emotional	mood swings	 
Mental Health	Surveillance	signs/symptoms-mental/emotional	severity of symptoms	 
Mental Health	Surveillance	signs/symptoms-mental/emotional	suicidal tendencies	 
Mental Health	Surveillance	medication prescription	hx of psychotropic drug use	 
Mental Health	Surveillance	behavior modification	progress in managing symptoms	 
Mental Health	Surveillance	coping skills	adequate/appropriate	 
Mental Health	Surveillance	coping skills	hx of eating disorder	 
Mental Health	Surveillance	support system	family	 
Mental Health	Surveillance	support system	friends	 
Mental Health	Surveillance	stress management	nutrition,sleep and exercise	 
Mental Health	Surveillance	social work/counseling care	hx of mental health therapy	 
Mental Health	Treatments and Procedures	social work/counseling care	Beck Depression Inventory II	 
Mental Health	Treatments and Procedures	social work/counseling care	Edinburgh Postpartum Depression	 

Health	Procedures	work/counseling care	Scale	 
Mental Health	Treatments and Procedures	social work/counseling care	Postpartum Depression Screening Scale	 
Mental Health	Teaching, Guidance and Counseling	signs/symptoms-mental/emotional	recognition of s/s	 
Mental Health	Teaching, Guidance and Counseling	signs/symptoms-mental/emotional	s/s postpartum mood disorder	 
Mental Health	Teaching, Guidance and Counseling	behavior modification	managing symptoms	 
Mental Health	Teaching, Guidance and Counseling	stress management	benefits of nutrition, adequate sleep and exercise	 
Mental Health	Teaching, Guidance and Counseling	stress management	personal time	 
Mental Health	Teaching, Guidance and Counseling	stress management	personal time	 
Mental Health	Teaching, Guidance and Counseling	stress management	relaxation techniques	 
Mental Health	Teaching, Guidance and Counseling	social work/counseling care	therapy	 
Mental Health	Teaching, Guidance and Counseling	education	Handout: "Five Ways to Reduce Stress and Increase Your Overall Well-being"	 
Mental Health	Teaching, Guidance and Counseling	education	Handout(s) other:	 
Mental Health	Teaching, Guidance and Counseling	education	Handout: "The Postpartum Period"	 
Mental Health	Case Management	support group	local support groups	 
Mental Health	Case Management	support group	reliable Internet sites	 

Mental Health	Case Management	support group	telephone information/reassurance	 
Mental Health	Case Management	other community resources	Crisis Line/Suicide Line	 
Mental Health	Case Management	other community resources	Kitsap Mental Health	 
Mental Health	Case Management	other community resources	local private therapist/centers	