

Dear Dr

I have arranged to come and see you because just recently I have not been feeling as well as I usually do.

My symptoms are:  
(delete as appropriate)

- Feeling very tearful for no apparent reason
- Feeling over tired
- Unable to sleep
- Excessive anxiety and panic attacks
- Feelings that I might harm myself
- Uncertain of my feelings towards my baby
- Flashbacks to the birth
- Nightmares
- No appetite/eating for comfort

(add other symptoms that you feel are relevant here)

Thank you for seeing me today

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