My Mental Health Plan

Because Perinatal Mood and Anxiety Disorders (PMADs) are common - and treatable - I am making a plan for my mental health and wellbeing.

If I'm struggling, there are things I can do to feel better. And I can ask for help.

My Basic Needs

If I'm going to take care of my baby and family, I need to take care of myself.

Rest
I can create a relaxing space. I will sleep when I can. If I can't sleep, I will rest. If I can't rest, I will ask for help.

Nourishment
I will do my best to give my body what it needs to be healthy. I know that I am still healing so I will feed and nurture my body.

Connection
We all need to love and be loved. Bonding with my baby is important. But it is also important that I stay connected to the people I care about - and who care about me.

Joy
My happiness matters. I will take time to do things that bring me joy. Something I love to do is...

My Support Network

I am not alone. Here are some of the people who can help.

I can ask for help from:
- Family
- Friends
- My Partner
- Providers

www.nationalperinatal.org/mental-health
Perinatal Mood and Anxiety Disorders (PMADs) are common. 1 in 7 of us will develop one. For many people, it will be the first time they seek mental health support. Fortunately, there are providers and therapies that can help.

**People I Can Talk to If I Need Help**

- Trusted Provider
- Trusted Provider
- Trusted Family Member
- Trusted Friend
- Trusted Community Member

**What I Can Say**

**On a good day I feel...**

**On a bad day I feel...**

**I'm looking forward to...**

**I'm worried about...**

**I need help with...**

[www.nationalperinatal.org/mental-health](http://www.nationalperinatal.org/mental-health)
My Mental Health Plan

My mental health is important. It's normal to need help. Support is available. I know that many people need extra support during their pregnancies and postpartum. So I am making a plan for what to do if I need help.

If... 

Then... 

What helps:

What doesn't help:

Examples: If I'm having trouble sleeping at night... Then I will ask my friend to come stay with me while I nap. If I am feeling like no one cares and I'm all alone... Then I will remind myself that PMADs are common and treatable.

If I'm feeling like harming myself or someone else I will...

Get help. Call the Suicide Prevention Hotline. Dial 988

www.nationalperinatal.org/mental-health