

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



My Mental Health Plan

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...

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...

If...

Then...

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**

