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:
- My Partner
- Family
- Friends
- 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...

If,,
Then...

If,,
Then...

If I'm feeling like harming myself I will...

What helps:

What doesn't help:

Suicide Prevention Hotline at 1-800-273-TALK (8255)

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Coping with Complicated Emotions

My Mood

How am I feeling?
Naming my feelings can help me understand them better. It can also help me talk about them with the people who care about me.

PLEASANT
- Happy
- Calm
- Loved
- Loving
- Content
- Aware
- Safe
- Grateful
- Unhappy
- Worried
- Vulnerable
- Annoyed

UNPLEASANT
- Sad
- Panicked
- Lonely
- Angry

FEELINGS

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