

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.



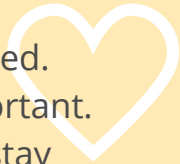
Nourishment

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



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...

What helps:

If,,,

Then...

What doesn't help:

If,,,

Then...



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

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



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.

The grid is organized as follows:

PLEASANT	Happy	Calm	Loved	Loving
	Content	Aware	Safe	Grateful
	Unhappy	Worried	Vulnerable	Annoyed
	Sad	Panicked	Lonely	Angry
UNPLEASANT				

Decorative elements include a sun in the top-left, a rainbow in the top-right, a sun and clouds in the middle-left, a cloud in the middle-right, a rain cloud in the bottom-left, and a lightning cloud in the bottom-right.