

My Mental Health Plan

Because perinatal mental health conditions 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 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

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...

National Maternal Mental Health Hotline **1-833-TLC-MAMA**
Suicide and Crisis Lifeline dial **988** [988lifeline.org](https://www.988lifeline.org)



My Mental Health Plan

Perinatal Mood and Anxiety Disorders (PMADs) are common.

1 in 5 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...

Talking about perinatal mental health

A lot of parents need extra support during their pregnancies and postpartum. Including mental health support. **I am making a plan for my mental health.**

Even though **perinatal mental health conditions are common**, we probably don't talk about them enough. Here are a few things everyone needs to know.

What they are

Perinatal mood and anxiety disorders (PMADs) is a general term for **mental health conditions that can occur during pregnancy and in the first year postpartum**. These can include depression, anxiety, obsessive-compulsive disorder, post-traumatic stress disorder, and psychosis.

While some are more common than others. **1 in 5 of us** will experience them. For many of us, it may be the first time we have to ask for help. The good thing is that **help is available**.

Perinatal mental health conditions can impact anyone - regardless of age, culture, race, income level, or gender. In fact, they are the **most common pregnancy complication**.



More than the “baby blues”

4 in 5 people will experience **baby blues**, or feelings of sadness, anxiety, or mood swings, in the first few weeks after child birth.

When these **feelings persist, worsen**, or when **new symptoms emerge**, it may be a sign of a mental health condition.

They are treatable

Everyone deserves support during the perinatal and postpartum period. Baby blues can resolve on their own over time - but **PMADs require treatment**.

Both are temporary and can get better with support!

It takes a community

Taking care of our mental health is good for us and good for our babies.

Our health and our baby's health are intricately connected - even after pregnancy.

ALL of US need help sometimes. When we're able to ask for and receive help, we feel loved.