

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)

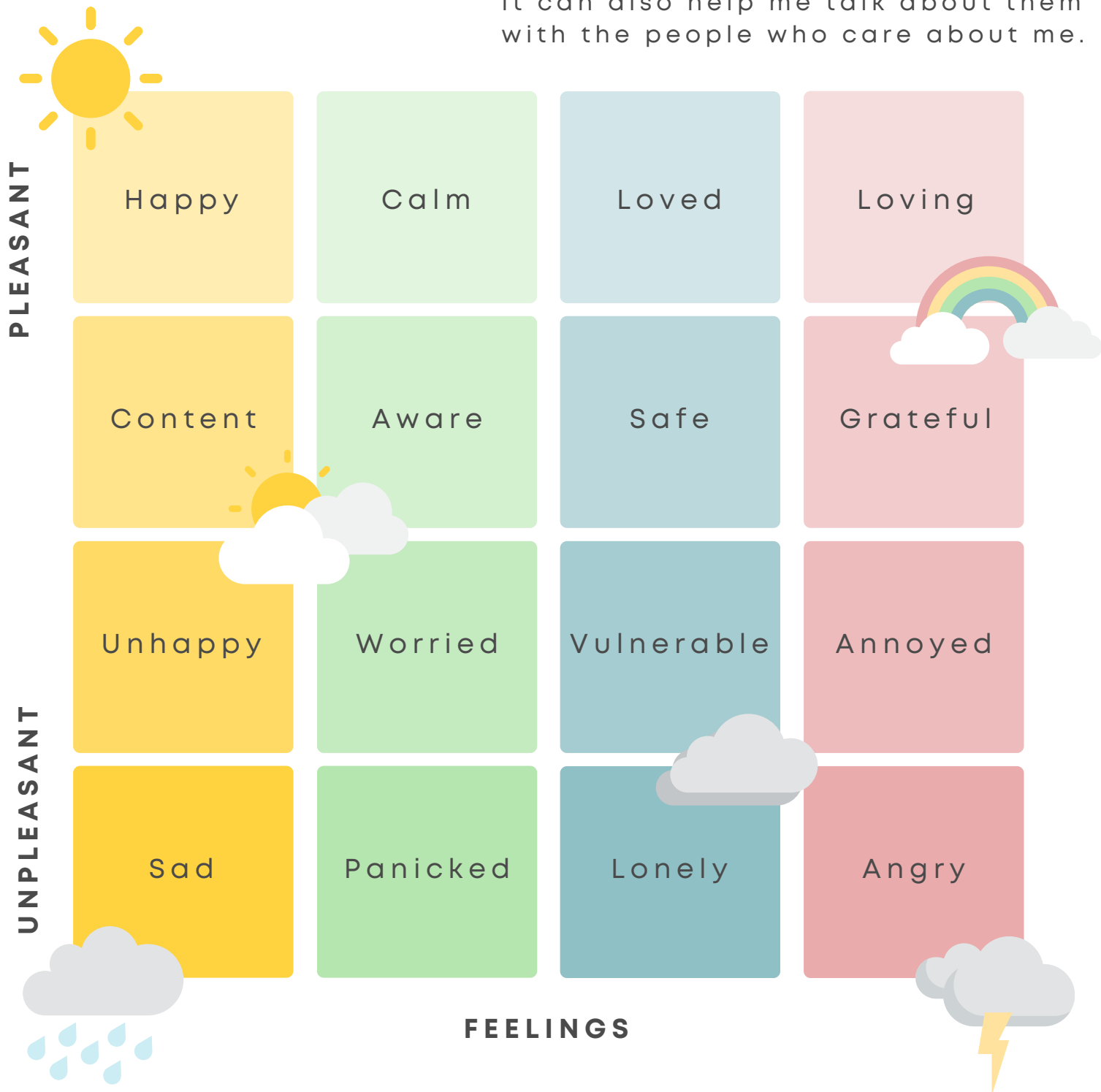


Dial
988

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
UNPLEASANT	Unhappy	Worried	Vulnerable	Annoyed
	Sad	Panicked	Lonely	Angry
	FEELINGS			

Self-Compassion



When something traumatic happens, it threatens our sense of safety and control. Sometimes we look for someone to blame. And we often blame ourselves - even when we shouldn't. Challenging these negative thoughts can help us see things in a new way and help us show compassion for ourselves - and each other.

SAFETY We try to protect ourselves and each other.

I wanted...

I wish that...

I know that...

I can make things safer by...

CONTROL The things we do matter.

I wanted...

I wish that...

I know that...

I can control whether or not...

RESPONSIBILITY We can make things better.

I wanted...

I wish that...

I know that...

I can help make things better by...

ACCOUNTABILITY We can trust each other.

I wanted...

I wish that...

I know that...

I can make make sure that...
