

# 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.



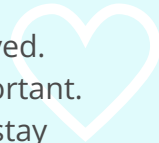
### Nourishment

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...

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## 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...

**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.

What helps:



What doesn't help:

If I'm feeling like harming myself or someone else I will...

Get help. Call the Suicide Prevention Hotline. Dial **988**



[www.nationalperinatal.org/mental-health](http://www.nationalperinatal.org/mental-health)