

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.**

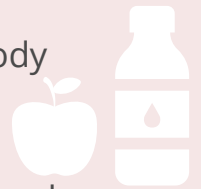
Rest

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.



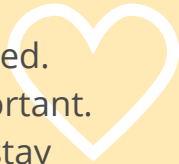
Nourishment

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:

- Family
- Friends
- My Partner
- Providers



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...

What helps:



What doesn't help:

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.

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

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



Resources in My Community:

National Maternal Mental Health Hotline



1-833-TLC-MAMA (1-833-852-6262)

The National Maternal Mental Health Hotline provides 24/7, free, confidential support before, during, and after pregnancy. The Hotline offers callers:

- Phone or text access to professional counselors
- Real-time support and information
- Response within a few minutes
- Referrals to support groups
- Culturally sensitive support
- Referrals to local and telehealth providers

Counselors speak English and Spanish - Interpreter services in 60 language

Postpartum Support International HelpLine



1-800-944-4773 #1 En Español or #2 English

- or -

Text “Help” to 800-944-4773 (EN)

Text en Español: 971-203-7773



Online Support Groups



Over 30 specialty groups available 5 days a week

www.postpartum.net/get-help/psi-online-support-meetings

Come as you are – all are welcome.

Provider Directory

Connect with knowledgeable providers near you

psidirectory.com



Rainbow Families

Rainbow Families supports, educates and connects lesbian, gay, bisexual, transgender, and queer (LGBTQ+) families, parents and prospective parents by offering a wide variety of education programs, support groups, opportunities to connect, and more

rainbowfamilies.org



LGBTQ Birth

Birth education and connection by and for the LGBTQ community.

www.instagram.com/lgbtqbirth



The Neighborhood: A Virtual Hub for LGBTQ+ Families

Provides spaces for LGBTQ+ families to connect with others, find support, and build community.

www.familyequality.org/neighborhood



Perinatal Mental Health Alliance for People of Color

www.postpartum.net/perinatal-mental-health-alliance-for-people-of-color



Postpartum Support International Maternal Mental Health Providers of Color Directory

psidirectory.com/k:provider+of+color

Shades of Blue Project

A nonprofit whose mission is to break cultural barriers in maternal mental health.

www.shadesofblueproject.org





Resources in My Community:

Notes:
