

My Mental Health Postpartum Plan

Becoming a parent can be both blissful and overwhelming at the same time.

This plan can help you prepare for your postpartum mental health and identify what to do if you just aren't feeling like yourself.

What are PMADs?

Perinatal Mood and Anxiety Disorders (PMADs), commonly referred to as Postpartum Depression, are a set of mental health conditions that impact up to 40% of all pregnant and postpartum people.

What is the difference between the Baby Blues and PMADs?

Baby Blues

60% and 80% of birthing people experience the “baby blues.”

Baby blues symptoms include feelings of exhaustion, irritation, and/or sadness after having given birth.

These symptoms typically begin anywhere from one to three days post-delivery and may last between two and fourteen days.

If your feelings persist past two weeks, you may be experiencing a Perinatal Mood and Anxiety Disorders (PMADs).

PMADs

Perinatal Depression:

Low mood, sadness, helplessness, hopelessness

Perinatal Anxiety:

Constant worrying, intrusive thoughts, inability to “turn off brain”

Perinatal OCD:

Obsessive thoughts, rituals, avoidance of obsessive stimuli

Perinatal PTSD:

Tension, nightmares, flashbacks

Postpartum Psychosis:

Delusions, hallucinations, paranoia, disorganization

Use the following two pages to create your mental health postpartum plan.

Don't forget to share the completed version with your partner, family, or friends so they can help support you on your new journey!

*If you believe you are suffering from a PMAD, seek support right away.
With treatment, you can feel better.*

Why is it important for me to prioritize my mental health in the postpartum period?

Hint: a well parent = a well baby

What positive affirmations can I tell myself if I am feeling overwhelmed, guilty, or like I am not a good parent:

Example: "Feelings are something you have, not something you are."

1.

2.

3.

4.

5.

**How will I know if I am feeling depressed, anxious, or not like myself?
What has this looked like before for me?**

Example: "Crying a lot" or "Trouble sleeping due to worry"

1.

2.

3.

4.

5.

What has been helpful in the past when I have struggled with my mental health?

Example: "Talking with someone who listens"

Who is in my support circle that I can talk to if I am struggling with my mental health?

Example: A friend, partner, or family member.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

How can others tell if I am feeling depressed, anxious, or not like myself? What warning signs should they look for?

Example: Irritable or shut-down

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Which perinatal mental health treatment providers can I call in my community if I need help:

Example: A Doula or therapist

1. _____

2. _____

3. _____

4. _____

5. _____

Maternal Mental Health Resources:

The Motherhood Center of New York:

Phone: 212-335-0034

www.themotherhoodcenter.com

(For those in the NY tri-state area)

Postpartum Support International:

Helpline: 1-800-944-4773

www.postpartum.net

Suicide & Crisis Lifeline: 988