



My Mental Health Pregnancy Support Plan

Why make a plan?

Pregnancy is a life-changing transition, physically, hormonally, and psychologically. While it can be joyful, it can also feel overwhelming and uncertain. This plan helps you prepare for the emotional changes ahead, recognize what support you may need, and know where to turn if things get hard. Because taking care of your mental health is a vital part of taking care of your growing family.

What are Perinatal Mood & Anxiety Disorders (PMADs)?

Perinatal Mood and Anxiety Disorders (PMADs) are a group of psychological conditions that can affect mothers/birthing people during pregnancy and postpartum.

PMADs include depression, anxiety, OCD, PTSD, bipolar disorder, and postpartum psychosis.

1 in 5 new and expecting mothers experience a PMAD.

50% of PMADs develop before delivery.

Pregnancy Emotions: What's Normal, What's Not?

You may feel:

- Excitement and joy
- Fear or dread
- Guilt or shame for not loving every moment

You may also experience:

- Constant worry or "over-preparing"
- Trouble sleeping
- Mood swings or tearfulness
- Feeling disconnected from the pregnancy

If any one of the latter group of feelings persist or interfere with daily functioning, it could be a sign of a PMAD.

Use these pages to start preparing today.
Don't forget to share the completed version with your partner, family, or friends
so they can help support you on your new journey!

**Why is it important to
prioritize my mental health
during pregnancy?**

*Example: A mentally healthy pregnancy
sets the foundation for continued
mental wellness for mom and baby.*

**What has my emotional health
looked like in past times
of stress or transition?**

*Example: "I tend to isolate" or
"I get irritable with those closest to me."*

What has helped me cope in the past?

Example: "Talking with a friend," "Seeing a therapist," "Writing things down"

What affirmations can I tell myself when I'm feeling overwhelmed, anxious, or like I'm failing?

Example: "This is hard, and I'm doing my best"

How can others tell if I'm not feeling like myself emotionally?

My warning signs: (snapping at loved ones, not sleeping, skipping appointments, crying often...)

My support resources

The Motherhood Center

 Located in NYC |  212-335-0034

 www.themotherhoodcenter.com

Postpartum Support International

 Helpline: 1-800-944-4773

988 Suicide & Crisis Lifeline

 Call or text 988 (24/7)

Who is in my support circle during pregnancy?

This Support Plan is a self-reflection tool designed to support emotional awareness and preparation during pregnancy. It is not intended to diagnose, treat, or replace professional mental health care. If you are experiencing emotional distress or believe you may be suffering from a Perinatal Mood and Anxiety Disorder (PMAD), please contact a qualified healthcare provider. In case of a mental health emergency, call 988 or go to your nearest emergency room. The information provided in this guide should not be considered medical advice.