



# *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, and less commonly, 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!



