

# Action Plan:

## *Get the emotional help & support needed*

It is important to keep an eye on your emotions during pregnancy and your baby's first year of life. This plan will help you know what to do if you need support.

### *Normal mood swings*

First, make a plan for what you will do when you experience **normal mood swings**. During normal mood swings, you may:

- Not feel like yourself
- Not feel able to manage your emotions
- Feel overwhelmed, but still able to care for yourself and your baby

If I feel this way I will:

- Talk to my partner
- Call a friend
- Other: \_\_\_\_\_

Name of friend(s)	Phone number
_____	_____
_____	_____
_____	_____
_____	_____

## *Postpartum depression or anxiety*

Next, make a plan for what you will do if you experience signs of **postpartum depression or anxiety**. Here are some signs you may be experiencing postpartum depression or anxiety:

- You have feelings of intense worry and/or nervousness that hit with no warning
- You feel foggy and have difficulty completing tasks
- You feel “robotic” like you are just going through the motions
- Excessive crying
- Mood swings
- You feel very anxious (worried) around the baby and your other children
- You have scary, upsetting thoughts that do not go away
- You have little interest in things that you used to enjoy (feel disconnected)
- You feel guilty or like you are failing at parenthood
- Sadness
- Changes in sleeping or eating habits
- Difficulty accepting parenthood

### **If I feel this way I will:**

- Call my healthcare provider  
Telephone number: \_\_\_\_\_
- Call Postpartum Support International  
Telephone number: 1-800-944-4PPD (4773)

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## *Mental health emergencies*

Finally, make a plan for **mental health emergencies**. This may feel like:

- Hopelessness and total despair
- You are out of touch with reality (you may see or hear things that other people do not)
- You may hurt yourself or your baby

### **If I feel this way I will:**

- Call 9-1-1
- Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)
- Call the Substance Abuse and Mental Health Services Administration's National Helpline at 1-800-662-HELP (4357)

Before your baby is born, share this action plan with a partner or close friend so they know what signs to look for.

I will share this action plan with: \_\_\_\_\_