

Perinatal Mental Health Resources

Pregnancy and life after having a baby can come with many emotions.

It's normal to feel happy and excited one moment, stressed or sad the next.

It's also really common to feel overwhelmed or unsure.

Taking care of your mental health is taking care of you and your baby.

The **PeriPAN Patient Packet** has easy-to-use tools and resources that were designed with you in mind.

They can help you understand your feelings and give you simple ways to feel more like yourself again.



Check out the PeriPAN Patient Packet

Includes:

- Action Plan for Pregnancy and Postpartum Mood Changes
- Self-Care Plan in Pregnancy and Postpartum
- Other National Resources