My Wellbeing Plan

PLAN AHEAD

My best place for relaxing in my home: ________________________________

Healthy, easy foods like to eat are: ________________________________

People I can ask for help when I need it:
1. ____________________ 2: ____________________ 3: ____________________

JUST IN CASE

Having a new baby is a big change.

There are resources to help people figure out how to adjust. You can find help to keep you and your baby healthy, mentally and physically. If it’s not going well, it’s good to recognize that and get help.

My early signs that I am feeling bad, depressed, or too anxious:
• ________________________________
• ________________________________

It can be difficult to talk about not doing well. If you feel like this, who are 3 people you would talk with?
1. ________________________________
2. ________________________________
3. ________________________________

What will you say?

GET HELP

If it is not an emergency, but I need advice:
• Provider’s office
daytime: ___________________________
  after hours: ___________________________
• My Counselor______________________
• Pregnancy and Postpartum Support Group. Call 406-548-4675
  Postpartum Support International
  Warm Line: 1-800-944-4773
  Text Support: 503-894-9453
  www.postpartum.net for National Resources
• Healthy Gallatin Home Visiting Program
  406-582-3110
• Home Visitor_______________________

If it is an emergency and I am scared I will hurt myself or my baby:
• Call 911
• Call the Help Center’s 24 Hour Crisis Hotline 406-586-3333
• Call the National Suicide 24/7 Hotline 1-800-273-8255

Please visit our webpage for more information or printouts of this plan:
www.healthygallatin.org