



Family Support Plan

| struggling, you | ı are not alone. There are thing | e feeling overwhelmed. Remember, if you are so you can do and people you can count on. tarted with the contacts for your health copies of your support plan with them. |
|---|----------------------------------|--|
| | one Number: | Signs of Distress List the feelings that are your warning signs of distress (e.g., some feelings may be irritability, guilt, hopelessness, numbness or confusion) |
| Emergency contact: Name: Other Health Care Providers: (e.g. psychiatrist, therapist, crisis response team) | one Number: | List the thoughts that are your warning signs of distress (e.g., sometimes distressing thoughts can be "It's my fault" or "I'm worthless") |
| | one Number: | |
| Phone Number: People to Call List of people you can call when you need help or support (e.g., someone to listen, help with meals, errands, transportation, childcare) | | Actions to Take When feeling stressed or feeling low you can: (e.g., practice calm breathing; listen to music; take a break; talk to someone; go for a walk; make a gratitude list; review reasons for living). |
| | one or Text Number: | |
| Name: | ne or Text Number: | |

For more information on Postpartum Depression and help go to www.ahs.ca/ppd

If you are in distress and unable to keep yourself safe, call 911 and they will send someone to take you to the hospital

Urgent 24 hour Helplines

Mental Health Helpline1.877.303.2642 Suicide Prevention Line1.800.784.2433 Family Violence Helpline......310.1818 Medication & Herbal Advice Line...1.800.332.1414 Health Link811

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