

Family Support Plan

Family Support Plan

Having a support plan may help when you are feeling overwhelmed. Remember, if you are struggling, you are not alone. There are things you can do and people you can count on.

A public health nurse can help you get started with the contacts for your health care team. If you choose, you can share copies of your support plan with them.

Health and Emergency Contacts

Family Doctor:

Name:	Phone Number:
-------	---------------

Emergency contact:

Name:	Phone Number:
-------	---------------

Other Health Care Providers:

(e.g. psychiatrist, therapist, crisis response team)

Name:	Phone Number:
-------	---------------

Name:	Phone Number:
-------	---------------

Name:	Phone 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)

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")

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)

Name:	Phone or Text Number:
-------	-----------------------

Name:	Phone or Text Number:
-------	-----------------------

Name:	Phone or Text Number:
-------	-----------------------

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).

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 Line.....1.800.784.2433

Family Violence Helpline.....310.1818
Medication & Herbal Advice Line...1.800.332.1414
Health Link811