Looking after your MENTAL WELLBEING...
...through pregnancy and beyond

Be honest with yourself and others keep talking

Be kind to Yourself.
get help! *TAKE help! *IMPORTANT

BE PREPARED (Educate yourself and others)

BUILD YOUR VILLAGE
It takes a village to raise a child

balanced routine
Even though you feel alone

REMEMBER You are not the only one

find a buddy who gets it!

IT’S OK TO NOT BE OK!
ME TIME

Never give up on yourself

Find an Advocate to FIGHT your corner

www.PerinatalPositivity.org