



## Jenny and Graham's Angels

Women who suffer from perinatal mood disorders, such as postpartum depression, can be difficult to identify and treat for many reasons. She may not understand what is happening to her, she may fear being labeled an unfit mother if she speaks up, or she may be too overwhelmed to seek help. This causes many women to suffer in silence though effective treatments exist.

As one of Jenny and Graham's Angels, you can partner with a pregnant or new mother to ensure she is not alone in this unique process of becoming a mother. And for the 15% of women who will experience postpartum depression, you can help her find her voice and get the help that she deserves.

As an Angel, you agree to do the following:

- Learn the symptoms of perinatal mood disorders, such as postpartum depression
- Discuss with the expectant or new mother about how you can best support her during her pregnancy and the postpartum period
- Make a plan with the expectant or new mother for how to act if you suspect she is experiencing symptoms of a perinatal mood disorder
- Regularly ask her how she is doing and listen to her with your whole presence and no judgment



This document is to certify that \_\_\_\_\_ will, from this day forward, act as an angel for \_\_\_\_\_.

Duties will include flattery, gifts, but most of all looking for signs and symptoms of perinatal mood disorders, such as postpartum depression.

Should any of the symptoms appear, I promise to help in any way I can to make sure that \_\_\_\_\_ gets all the support she needs to get better.

\_\_\_\_\_  
Signature of Angel

\_\_\_\_\_  
Signature of Recipient

\_\_\_\_\_  
Date