

How to add local information to your postcard

The Perinatal Positivity postcard has been designed for you to download and print. You can then give it to expectant and new parents to help them know where to find support should they need it.

The back of the postcard has a blank area where you can add local support networks and resources (there are instructions on how to do this below).

The front of the postcard has inspiring words of advice written and designed by people with lived experience of perinatal mental health issues.

How to edit the postcard

The leaflet is a PDF. You can save it to your desktop by opening it from the link and clicking on the download button in the top right hand corner.

Once downloaded you can edit the blank area using Powerpoint, Photoshop or other photo editing software.

In Powerpoint:

- Open a new blank Powerpoint page
- Go to 'File' and then 'page set-up'
- Change the page size to 14.8cm (width) x 21cm (height)
- Drag in the Perinatal Positivity PDF (it should completely fill the page)
- In 'home' add a text box the size of the blank area
- Add the name of your area plus local information including telephone numbers and websites (you can copy and paste web addresses from your browser).
- When you have finished, choose 'file' then 'Save As'. Make sure you choose 'PDF' from the drop-down list of formats.
- You can then print the postcard (remember to do a test print – especially if you have added logos).

Printing the postcard

The postcard can be printed as an A5 double-sided postcard.

If you don't have a printing department, there are several online printing shops such as Vistaprint: www.vistaprint.co.uk (currently around £35 for 1000 double sided budget fliers or £70 for 1000 double sided postcards).

Finding support in your area

Search for:

Maternal Mental Health support + [name of your area/town/city]

Post natal depression support + [name of your area/town/city]

Mother and baby groups + [name of your area/town/city]

Baby café + [name of your area/town/city]

Yoga groups + [name of your area/town/city]

etc.