



Become a PPPAD Ambassador: Help Us Save Lives

1. Stay Informed & Share:

- Join our mailing list:** <https://lp.constantcontactpages.com/su/peV9Kt6/pppad>
- Follow us:** Stay updated via our social media:
 - Facebook: <https://www.facebook.com/pppawarenessday>
 - Instagram: <https://www.instagram.com/pppawarenessday>
 - LinkedIn: <https://www.linkedin.com/showcase/92752417/admin/feed/posts/>
 - YouTube:
<https://www.youtube.com/playlist?list=PLKCHEUBJAmg-NDbNWkjjTg8vWuMQtGXWq>
- Share our content:** Like, follow, and share our posts. Use hashtags: #postpartumpsychosis #pppawareness #pppawarenessday #pppsurvivor #perinatalpsychosis #pppad2025 #CareNotRare
- Update your profile:** Add our Canva profile frame to your Facebook profile picture:
https://www.canva.com/design/DAGCZbLMDMg/ocfj1DmuKAxH6Nd7SOMUKw/view?utm_content=DAGCZbLMDMg&utm_campaign=designshare&utm_medium=link&utm_source=publ ishsharelink&mode=preview

2. Fundraise & Advocate:

- Request Donations:** Use our donation letter template:
<https://docs.google.com/document/d/12uMNouGME8wfxLUBPOMgJ97DW0MiNAQETKHmgPXk2Uo/edit?usp=sharing>

- Seek Sponsorships:** Reach out to businesses and share our sponsorship proposal:
<https://www.canva.com/design/DAGBkFK6nVM/bf1pWxVcQf7QpJL-laWSjw/edit> A personal connection is key!
- Share our materials:** Distribute our flyer to healthcare professionals:
https://www.canva.com/design/DAGCT5VPsDI/LwoV42xYiCgl-j1v7_5EUg/edit?utm_content=DAGCT5VPsDI&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton

3. Share Your Story (Optional):

- Storytelling Opportunities:** Share your experience to help others. Submit your interest:
<https://pppawarenessday.org/storytelling/>

4. Additional Outreach (Optional):

- Media Outreach:** Contact local media to share information about PPPAD. Our founder may be available for interviews (contact info@cherishedmom.org).
- Billboard Request:** Request free billboard space using this template:
<https://docs.google.com/document/d/1hG4-2Qfk7ujRGWNJvkztfUar9foc69-SGQ-3WGPq3qq/edit?usp=sharing>
- Monument Lighting:** Organize a purple lighting event for PPP awareness using this template:
<https://docs.google.com/document/d/1jsnlw-dJGMwuKyTGwseFJ4WLy5uHwXAS63Jn4c4Nq7Q/edit?usp=sharing>

Contact Information: info@cherishedmom.org

- Advocate:** Contact your elected officials (links provided below) and encourage them to issue a proclamation recognizing PPP Awareness Day. Use our template:
https://docs.google.com/document/d/1ioWGBepdCT01BE2pZfv358YAK060UV5r-Pkh_I6gJV0/edit?usp=sharing
- Find Your Senator: <https://www.senate.gov/senators/senators-contact.htm>
- Find Your Representative: <https://www.house.gov/representatives/find-your-representative>

Thank you for wanting to support our survivor-led effort to raise awareness of Postpartum Psychosis (PPP)! Your involvement can make a huge difference.

