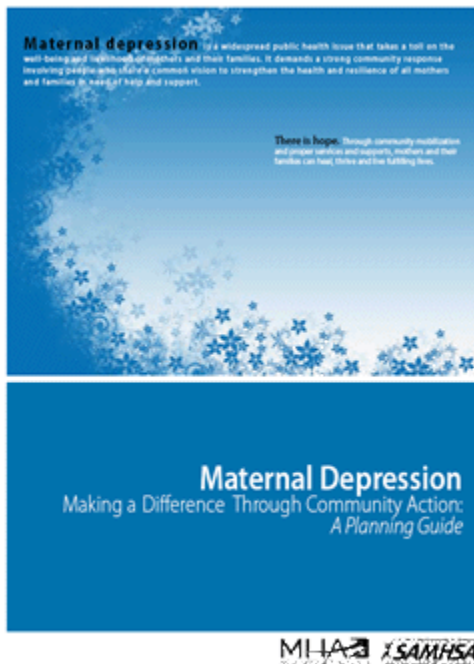

Maternal Depression-Making a Difference Through Community Action: A Planning Guide

Maternal depression affects millions of families in communities nationwide. As a response to this urgent public health problem, Mental Health America developed an action guide for communities, *Maternal Depression—Making a Difference Through Community Action: A Planning Guide*.

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The *Guide* aims to:

- Build awareness and acceptance of the need for a family-focused, community-driven approach
- Strengthen the capacity of communities to mobilize around a significant public health issue
- Promote the use of state, local and even neighborhood partners
- Spur strategic thinking that leads to effective community action and change

The *Guide* offers community organizations and other stakeholder groups an easy-to-use, practical framework to create a well-thought-out plan of action that is customized to their communities. It provides:

- An in-depth look at the issue of maternal depression
- Examples of outreach programs and practices
- An easy-to-follow roadmap for action
- Tools and resources to use in all stages of the planning process

The *Guide* is intended for Mental Health America affiliates in the field and organizations like them who are mobilizing their communities to address critical public health and mental health issues.