



Sing play *perform*

to support
**World Maternal
Mental Health Day**
3rd May 2017

MUSIC 4 MUMS

Are you musical? Do you know someone that is?
Hold a musical event & help APP raise funds to support
mums & families affected by severe postnatal illness.

How you can help

Support MUSIC 4 MUMS on May 3rd and raise funds to support mums, partners & families affected by severe postnatal illness.

Plan an event in the first week of May

- ♪ Invite friends for a music evening in your home
- ♪ Hold a concert at your local music venue, café, school, hospital, community centre
- ♪ Organise a band night in your local pub
- ♪ Ask your favourite band to do something to support us

Tell us about your event

Email us information & tell us if we can help you promote your event: m4mums@app-network.org

Take pictures of your event and send them to us!

Follow the campaign: www.app-network.org/m4mums

 #m4mums  ActiononPP

How to donate the money you raise

Donate funds online via: www.app-network.org/m4mums

Send cheques to: Action on Postpartum Psychosis,
The Barberry National Centre for Mental Health,
25 Vincent Drive, Birmingham B15 2FG

**COMIC
RELIEF**



UNIVERSITY OF
BIRMINGHAM

APP (Action on Postpartum Psychosis) is the national charity for women and families affected by Postpartum Psychosis. Suicide is the leading cause of mothers dying following childbirth: the majority of suicides occur to women suffering from this severe form of postnatal illness. Help us support mums and change the future.

APP were runners up for Health Project of the Year in BBC1's National Lottery Awards and are founders & campaign hosts for the Maternal Mental Health Alliance.

 **APP**
Action on Postpartum Psychosis

