



MATERNAL MENTAL HEALTH NOW

supporting the well-being of growing families

A Project of Community Partners

SPEAK UP WHEN YOU'RE DOWN BROCHURE

Editing Instructions

To include your customized text on the brochure:

- Open the file “MMHN-SpeakUp-brochure-4languages.indd” in Adobe Indesign.
- You will find a text box on the right side of the document with the text “Postpartum Support International 1.800.944.4773 www.postpartum.net”. Additional text can be added to this panel of the brochure. Please set text in Helvetica Regular at 9 pt size to maintain consistency with the rest of the brochure text. (Note: For printing purposes, please do not place text or images outside the edges of this box.)
- Images can also be imported and positioned by going to “File > Place” and navigating to the appropriate file on your computer.



Editable text box. The edges of the box should not appear in the final print.

The text inserted in the box can be deleted as needed.

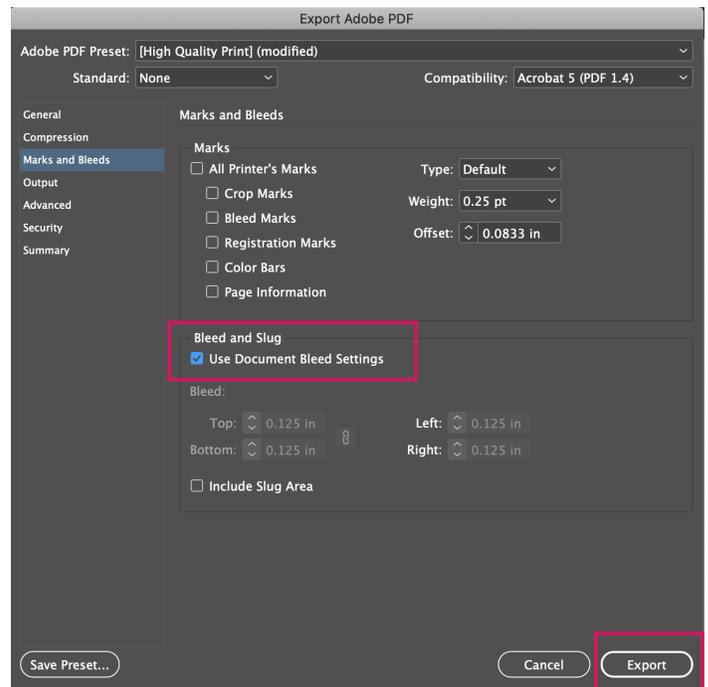
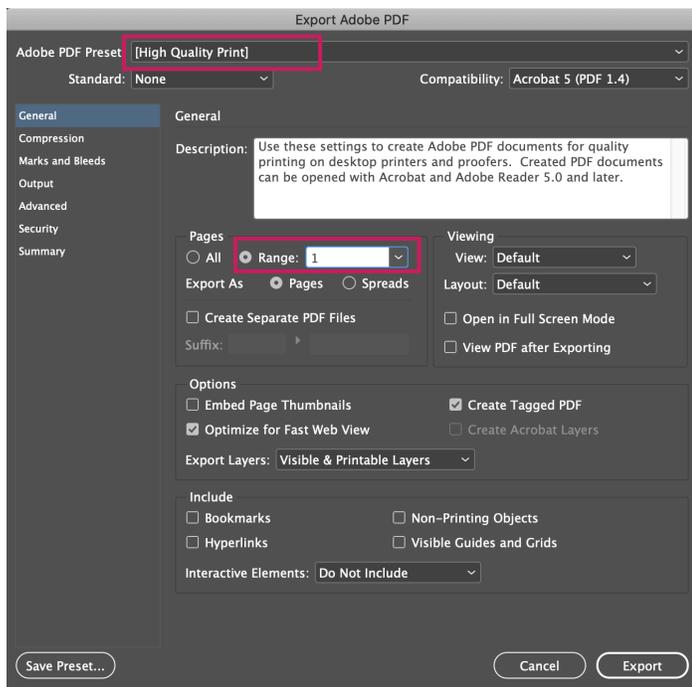
Hospital logo can be inserted here.

Printing Instructions

For printing please export each page individually and provide to your preferred printer.

- Go to “File > Export” and select the “Adobe PDF (Print)” format in the dropdown menu and click “Save”.
- Select: 1- “High Quality Print”, 2- the page with the desired language, 3- Under Marks and Bleeds check “Use Document Bleed Settings” and 4- Click export.

NOTE: Please check with your printer if they have their own preferred export settings.





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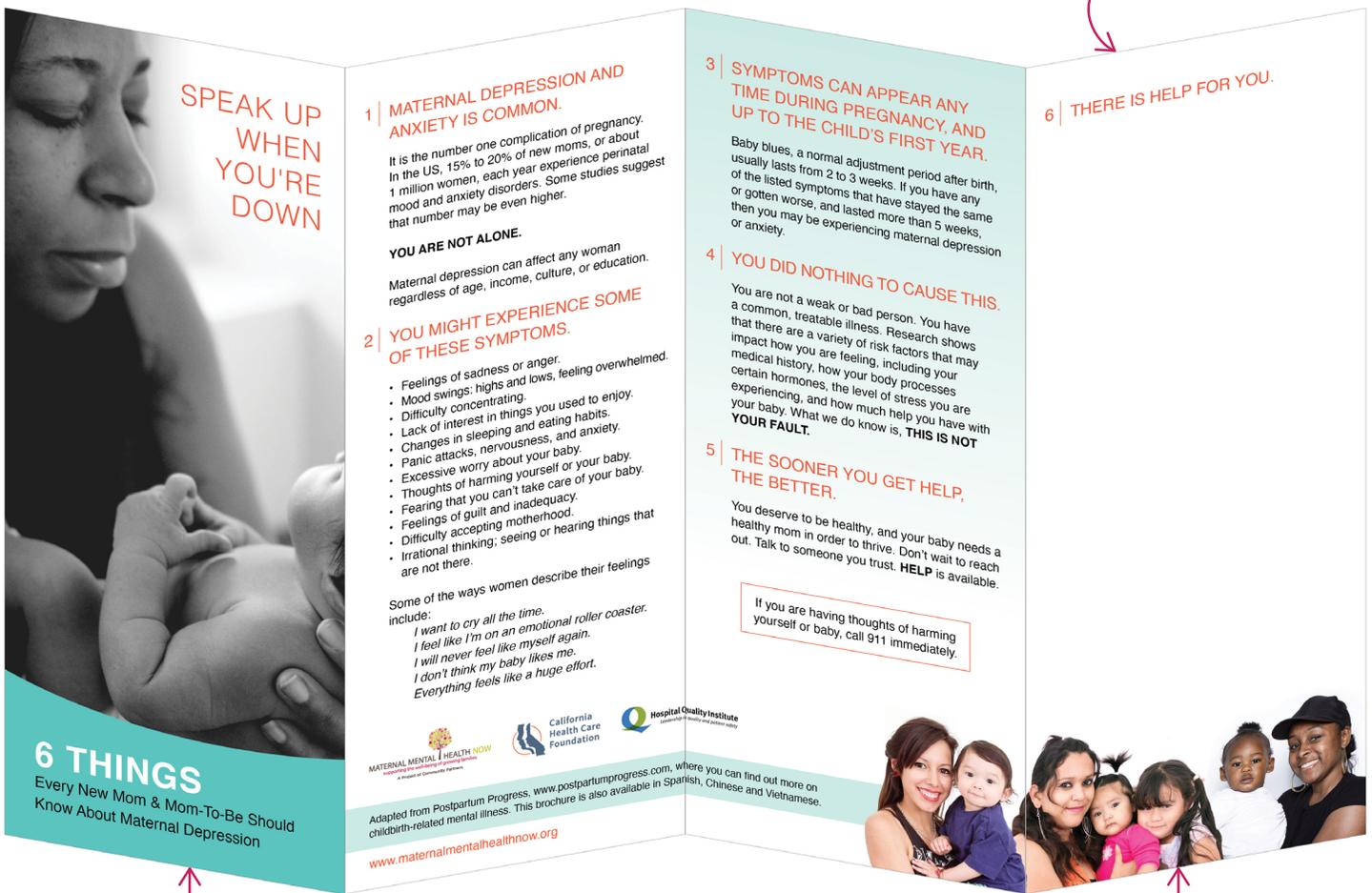
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Printing Instructions

The brochure prints as a **legal size (8.5" x 14") accordion fold** brochure.

Additional language will appear on the opposite side.



Cover when folded

Back cover when folded

Printer Option: <https://americasprinter.com/products/317-8-5-x14-accordion-4-panel>