

**NOTES FROM POSTNATAL
DEPRESSION
POETRY READING WITH
THE AUTHOR
PROPOSAL**



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@DOROTA.CHIOMA.ART**

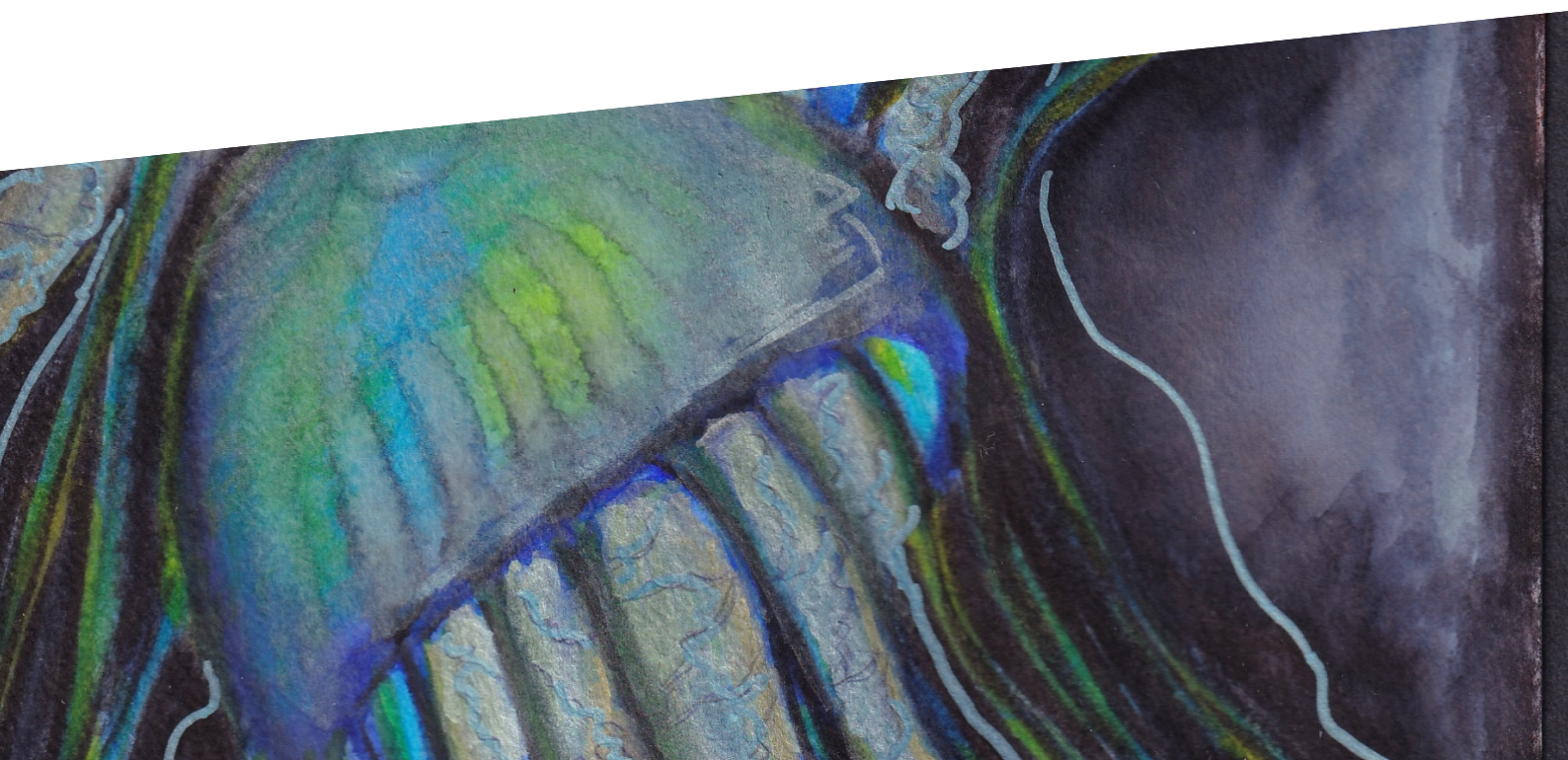
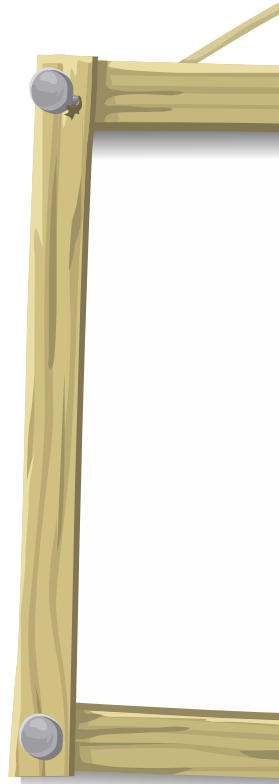
BACKGROUND

I am an artist and poet, exploring a range of topics associated with mental health and grief.

After years of self-suppression, which was sabotaging my wellbeing and leading to a massive mental health breakdown, I rediscovered my creativity through art therapy followed by an independent artistic journey.

Art became my medicine without which I would not be able to cope with mental health challenges. My artwork explores the varying states concerning the mind and mental health. Engaging in these diverse subjects led me to a reflection and visual representation. Although I use different media between different pieces, they are connected by recurring concerns and through the subject matter.

I aim to encourage participants to engage with unexplored territories or to soothe them with familiarity should they identify with the challenges expressed. My art manifests and represents the struggles of many people who suffer from mental ill-health. It also evidences the healing properties of art, hence advocates for raising awareness.



ABOUT THE BOOK



WHO IS THE
TARGET
READER?

Anybody who would like to explore postnatal depression and healing through art. Notes from Postnatal depression raises awareness of this condition in order to break the stigma associated.



WHAT ARE
THE
BENEFITS
AND
FEATURES?

Before my personal journey is described and depicted, I have provided an academic insight into the topic of depression, its postnatal form, and healing through art. All annotated with references enabling a further reading. Following that, the reader is faced with an image and a narrative behind the picture, often in the form of poetry from the early stages of my artistic journey and recovery.

Considering how many women still suffer in silence do to stigma attached to postnatal depression, it is important to get talking. I have found that a visual image is a great conversation starter and a effective way to depict what may otherwise be difficult to describe.



WHY DID I
WRITE THIS
BOOK?

The isolation I have experienced, shame, self-blame, being not listened too, has led me to suicidal thoughts which I was so close from executing... Mental health problems in mums and mums-to-be need to be normalised.

The time to raise awareness is now.

Time to change the perception of it and challenge the stigma is NOW.

Too many lives are at stake...



Mental health states and in particular mental ill-health is quite abstract and stigmatising, making it difficult to talk about.

Notes from Postnatal Depression link with the PSHE curriculum for youth and fits into the topics around mental health; opening the opportunity for meaningful conversations, and in turn normalising perinatal mental ill-health.

Working with external organisations and visitors can enhance understanding of these subjects, while bringing in specialist knowledge enables exploring different ways to engage with young people and adults.



Should you wish to gain some insight into my story and how my book triggers conversations please watch a short documentary here:



<https://youtu.be/aLCRCp0eqzM>

Bookings need to be communicated a minimum 2 weeks in advance.

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BUDGET, TIMELINE, AND DELIVERABLES

DorotaChiomaArt is a free licenced artist and can provide an invoice evidencing any expenditure and holds a clear enhanced DBS.

- **OPTION ONE** - A FREE 1 hour with the author, during which a few poems are read and audience's questions are answered, while the author's copies are purchasable and signed by the author (cash only, book price £18 * author copies, hence the reduced price).
- **OPTION TWO** - should selling the author copies on site not be permitted for any reason, then 1 hour time with the author during which a few poems are read and audience's questions are answered: £30

