



Jane Honikman, M.S., began her career in maternal mental health in 1977 when she co-founded Postpartum Education for Parents (PEP) in Santa Barbara, California. In 1981 Jane received a grant from the American Association of University Women to study the Growth and Dynamics of Postpartum Support Groups. In 1987 she founded Postpartum Support International (PSI) as a result of organizing the first conference on Women's Mental Health Following Childbirth held in Santa Barbara. She is the author of *Step by Step* (2000), *I'm Listening* (2002) and *Community Support for New Families* (2013). In 2012, *I'm Listening* was adapted by the humanitarian organization CARE for their Facilitator's Training Guide for use in Bangladesh. She lectures internationally on understanding perinatal mood disorders and the role of social support in prevention and treatment.