



## FEELING DOWN OR OVERWHELMED?

Join a peer mentoring  
research study and get support.

**1**

CONNECT WITH  
A PEER MENTOR

**2**

ANSWER MOOD  
ASSESSMENT SURVEYS

**3**

RECEIVE UP TO \$85  
IN GIFT CARDS FOR  
YOUR PARTICIPATION

### LEARN MORE ABOUT THE ALMA STUDY

Developed by a collaborative team of researchers at the University of Colorado Boulder, mental health providers, community members, and parents, the Alma Program is an evidence-based peer mentoring program created with and for new parents experiencing depression, anxiety, and stress. This study investigates whether the Alma Program gives expectant parents the support and skills they need to navigate this new chapter in their lives. Participation lasts about 7 months.

Participating in Alma means being a part of a research study. (IRB 23-0470)



Scan QR code to  
see if you are  
eligible or visit

<https://redcap.link/alma-psi>

