A friend in her pocket.
For the moments between the moments.

A free emotional wellness companion created by Black queer mother, author and wellness creator Kenya Jackson-Saulters - built for the ordinary postpartum moments when a mother may need somewhere to put what she is feeling.

1 IN 8	67.9%
women report symptoms of depression after giving birth (CDC)	of Millennial and Gen Z mothers surveyed said emotional support would be beneficial (Momcozy + PSI, n=1,187)

THE STORY

Postpartum care is often organized around appointments, screenings and moments of crisis. But motherhood also unfolds at 2 a.m., during a feeding, in an overwhelmed afternoon, or when a friend simply cannot pick up the phone.

My Postpartum Pal was created for that in-between space. Mothers can talk or vent, check in with themselves, listen to supportive audio, celebrate something good, or receive a small moment of encouragement - without turning every difficult feeling into another task to manage.

It is intentionally not therapy, diagnosis, treatment or a replacement for professional care. Its role is companionship and low-pressure emotional support.

WHY THIS FOUNDER

Jackson-Saulters is a Black queer mother building from lived experience and with an intentionally expansive picture of motherhood. The goal is not a niche app for one kind of mother, but an experience in which mothers whose lives and identities are not always centered can still feel seen.

THE POSITIONING

Not another tracker.
Pal centers the mother rather than asking her to log more information about the baby.

Not a replacement for people.
“My Postpartum Pal supports you. It doesn’t replace your people.”

Not every feeling needs fixing.
The product is built around presence, listening and emotional companionship.

THE MEDIA HOOK

Postpartum mental health is again part of the national conversation. The broader story is not only what happens in crisis, but what support looks like before a mother reaches one. My Postpartum Pal offers a founder-led, technology-enabled answer to a simple question: **Who is there for the mother between the appointments?**

CURRENTLY

Free on the Apple App Store
Partnerships are being explored with postpartum practitioners, community organizations, hospitals and mission-aligned sponsors to help preserve free access.

“Sometimes you don’t need someone to fix it.
Sometimes you just need somewhere to put it.”

KENYA JACKSON-SAULTERS • Creator, My Postpartum Pal • support@mypostpartumpal.app

Media context: CDC postpartum depression data; Momcozy + Postpartum Support International, 2024 State of Maternal Support Report.
Statistics provide population context and are not claims about My Postpartum Pal's clinical efficacy.