

PMH 101

Birdie Gunyon Meyer, RN, MA, PMH-C
PSI Certification & Training Director
International PSI PMAD Trainer
PSI Past-President

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Retired (2018) Coordinator, Perinatal Mood Disorders Program
Indiana University Health, Indianapolis, IN



Indiana University Health

In our lives...

“We have seasons of giving and seasons of receiving.... As a new parent, you are in the season of receiving.”

Birdie Gunyon Meyer, RN, MA, PMH-C
PSI Past-President
PSI International Trainer
PSI Certification Director



PERINATAL OCD SUPPORT FOR MOMS

Pregnant & Postpartum

**1ST & 3RD
TUESDAYS AT
8:30 P.M. (EST)**

Our perinatal (pregnancy & postpartum) OCD group for moms is here to help those dealing with symptoms of OCD, like intrusive thoughts, obsessions and compulsions. Here you will connect with other moms, talk about your experience, and learn about helpful tools and resources. You do not have to have an official diagnosis to attend the group.

Held in partnership with the International OCD Foundation, this group is led by PSI-trained support group leaders who have lived experience. You are not alone. We are here to help.

Postpartum Support International | www.postpartum.net | 800.944.4773

PTSD Websites

www.tabs.org.nz

www.solaceformothers.org

www.PATTCh.org

www.ican-online.org

www.homebirthcesarean.org

www.birthtraumaassociation.org.uk

www.HelpHer.org (Hyperemesis)

Maternal Near Miss Survivors

PSI FB Closed Group

- A maternal near miss is an event where an individual nearly dies due to pregnancy or childbirth related complications. The events are often unexpected and may leave the survivor isolated and alone. *(Kalhan et al., 2017)*
- A near miss is a trauma that may likely affect how a person responds to future pregnancies, labor and birth experiences.

Lashonta's Story

Postpartum Depression in the African American Community

<https://vimeo.com/287691670>

PSI Educational Videos can be found at

[www.postpartum.net/news-and-
blog/publicserviceannouncements/](http://www.postpartum.net/news-and-blog/publicserviceannouncements/)

BIPOLAR
SUPPORT FOR
Perinatal
Moms & Birthing People

TO HELP PREGNANT
AND POSTPARTUM
PEOPLE NAVIGATING
SYMPTOMS OF
BIPOLAR, LIKE
DEPRESSION "LOWS"
AND MANIA "HIGHS".

*Starting January 12th
on the 2nd & 4th Wednesday of
the Month 5 PM PT / 8PM ET*



Postpartum Support International | [postpartum.net](https://www.postpartum.net) | 800.944.4773 | [@postpartumsupportinternational](https://twitter.com/postpartumsupportinternational)

Action on Postpartum Psychosis (APP)

- <http://www.app-network.org/>
- Project run by women who have experienced PPP and academic experts from Birmingham and Cardiff Universities (Ian Jones, MD)
- Support, research, psychiatric services, public awareness



Massachusetts General Hospital Postpartum Psychosis Project

- <https://www.mghp3.org/>
- For women who experienced an episode of psychosis within six months of giving birth within the past 10 years
- Study participation involves a telephone interview and providing a DNA sample with a saliva collection tube sent by mail
- The purpose of the study is to better describe the symptom pattern of postpartum psychosis and to examine the genetic contributions to risk for this disorder

PSI's Postpartum Psychosis Coordinators

- PSI has several **Postpartum Psychosis Coordinators** to provide additional assistance to women and families who are not in an emergency situation.
- www.postpartum.net/get-help/postpartum-psychosis-help/



Online Support Group

Perinatal & Postpartum Psychosis

7:30 PM ET / 4:30 PM PT

WEEKLY: EVERY MONDAY!

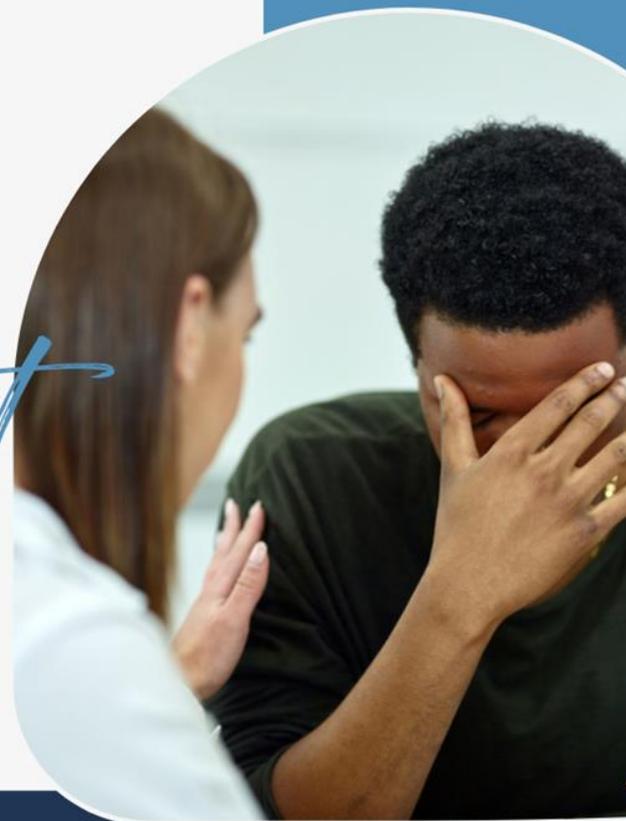
**This group is to support those in recovery from PPP.
You do not need a diagnosis to seek help & support!
Join us! Register today.**

Postpartum Support International | www.postpartum.net | 800.944.4773



**SUPPORT FOR FAMILIES
TOUCHED BY PERINATAL &
POSTPARTUM PSYCHOSIS**

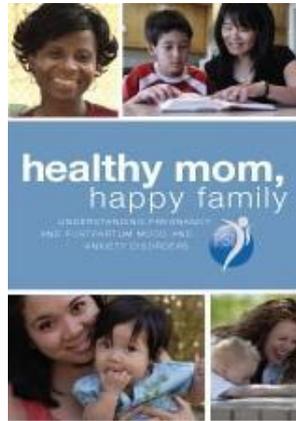
*Online
Support
Group*



**JOIN US ON THE 1ST SUNDAY
OF EACH MONTH AT 6:30 EST / 3:30 PST**

Postpartum Support International | www.postpartum.net | 800.944.4773

PSI Educational DVDs



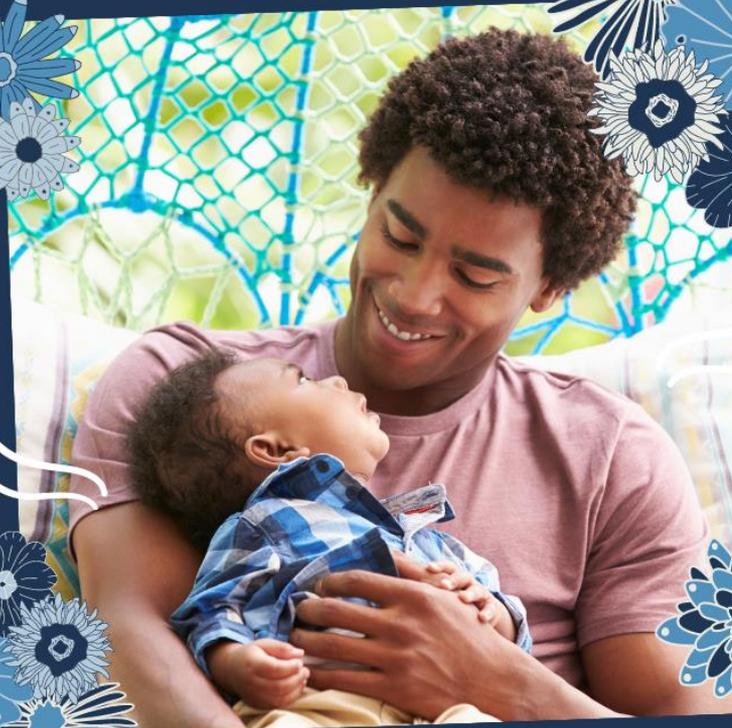
Healthy Mom, Happy Family

- In English and Spanish
 - www.postpartum.net/resources/psi-educational-dvd/
 - Buy or watch online at www.vimeo.com/ondemand/postpartumvideo

Support For Fathers

- PSI Dad's Chat with an expert on first Mondays at 8:00 p.m. Eastern
- Additional Father Resources
 - www.postpartumdads.org
 - www.postpartum.net/get-help/resources-for-fathers/
 - www.postpartum.net/get-help/resources-for-fathers/dads-mental-health/

1ST FRIDAY OF THE MONTH AT 10 AM EST
3RD FRIDAY OF THE MONTH AT 8:30 PM EST



Dad's Support Group

Postpartum Support International | www.postpartum.net | 800.944.4773

David Levine's Story

Postpartum Depression for Fathers

https://youtu.be/C_sydwE_clg

PSI Educational Videos can be found at

www.postpartum.net/news-and-blog/publicserviceannouncements/

Foundations in Paternal Perinatal Mental Health

2-day training

Foundations in Paternal Perinatal Mental Health | Postpartum
Support International (PSI)

PSI PMH Discussion Tool



POSTPARTUM SUPPORT
INTERNATIONAL

Perinatal Mental Health Discussion Tool

As many as 1 in 7 moms (1 in 10 dads) experience symptoms of depression and anxiety during the postpartum period. People of every age, income level, race and culture can develop Perinatal Mood and Anxiety Disorders (PMADs) during pregnancy and within the first year after delivery. This tool can help track your symptoms and discuss them with your medical provider. Being your own advocate is okay and you deserve to be well.

I have been experiencing the following symptoms: (please mark all that apply)

- Feeling depressed or void of feeling
- Feelings of hopelessness
- Lack of interest in the baby
- Trouble concentrating
- Brain feels foggy
- Feeling anxious or panicky
- Feeling angry or irritable
- Dizziness or heart palpitations
- Not able to sleep when baby sleeps
- Extreme worries or fears (including the health and safety of the baby)
- Flashbacks regarding the pregnancy or delivery
- Avoiding things related to the delivery
- Scary and unwanted thoughts
- Feeling an urge to repeat certain behaviors to reduce anxiety
- Needing very little sleep while still functioning
- Feeling more energetic than usual
- Seeing images or hearing sounds that others cannot see/hear
- Thoughts of harming yourself or the baby

Risk Factors

Below are several proven risk factors associated with postpartum depression (PPD) and postpartum anxiety (PPA). Knowing these risk factors ahead of time can help you communicate more effectively with your family and medical provider and put a strong self-care plan in place.

Please mark all risk factors that apply:

- History of depression or anxiety
- History of bipolar disorder
- History of psychosis
- History of diabetes or thyroid issues
- History of PMS
- History of sexual trauma or abuse
- Family history of mental illness
- Traumatic pregnancy or delivery
- Pregnancy or infant loss
- Birth of multiples
- Baby in the NICU
- Relationship issues
- Financial struggles
- Single mother
- Teen mother
- No or little social support
- Away from home country
- Challenges with breastfeeding

RESOURCES

www.postpartum.net

- **PSI Helpline:** For local resources please call 800-944-4773 or text us at 503-894-9453. We can provide information, encouragement, and names of resources near you.
- **FREE Online Weekly Support Groups:** Led by a trained facilitator. For days and times please visit: <http://www.postpartum.net/get-help/psi-online-support-meetings/>
- **FREE Psychiatric Consult Line:** Your medical provider can call 800.944.4773 x 4 and speak with a reproductive psychiatrist to learn about medications that are safe for you to take while pregnant and breastfeeding. <http://www.postpartum.net/professionals/perinatal-psychiatric-consult-line/>

** This is not a diagnostic tool and should not take the place of an actual diagnosis by a licensed professional. **

- www.postpartum.net/resources/discussion-tool
- As many as 1 in 7 moms (1 in 10 dads) experience symptoms of depression and anxiety during the postpartum period. People of every age, income level, race and culture can develop Perinatal Mood and Anxiety Disorders (PMADs) during pregnancy and within the first year after delivery. This tool can help track your symptoms and discuss them with your healthcare provider.
- Being your own advocate is okay and you deserve to be well. Download or bring our discussion tool to your provider.
- If you would like to help us translate this tool, please contact communications@postpartum.net

Edinburgh Postnatal Depression Scale

Name _____

Baby's Birthdate _____

Today's Date _____

Please circle the answer that best describes how you have felt over the past 7 days.

1. I have been able to laugh and see the funny side of things.

- 0 As much as I always could
- 1 Not quite so much now
- 2 Not so much now
- 3 Not at all

2. I have looked forward with enjoyment to things.

- 0 As much as I ever did
- 1 Somewhat less than I used to
- 2 A lot less than I used to
- 3 Hardly at all

3. I have blamed myself unnecessarily when things went wrong.

- 0 No, not at all
- 1 Hardly ever
- 2 Yes, sometimes
- 3 Yes, very often

4. I have been anxious or worried for no good reason.

- 3 Yes, often
- 2 Yes, sometimes
- 1 No, not much
- 0 No, not at all

5. I have felt scared or panicky for no good reason.

- 3 Yes, often
- 2 Yes, sometimes
- 1 No, not much
- 0 No, not at all

6. Things have been getting on top of me (too much for me)

- 3 Yes, most of the time I haven't been able to cope at all
- 2 Yes, sometimes I haven't been coping as well as usual
- 1 No, most of the time I have coped well
- 0 No, I have been coping as well as ever

7. I have been so unhappy that I have had difficulty sleeping.

- 3 Yes, most of the time
- 2 Yes, sometimes
- 1 Not very often
- 0 No, not at all

8. I have felt sad or miserable.

- 3 Yes, most of the time
- 2 Yes, quite often
- 1 Not very often
- 0 No, not at all

9. I have been so unhappy that I have been crying.

- 3 Yes, most of the time
- 2 Yes, quite often
- 1 Only occasionally
- 0 No, never

10. The thought of harming myself has occurred to me.

- 3 Yes, quite often
- 2 Sometimes
- 1 Hardly ever
- 0 Never

(Cox, J.L., et al. Detection of postnatal depression: development of the 10-item Edinburgh Postnatal Depression Scale. British Journal of Psychiatry. 1987; 150:782-786)

PATIENT HEALTH QUESTIONNAIRE-9 (PHQ-9)

Over the last 2 weeks, how often have you been bothered by any of the following problems?
(Use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

FOR OFFICE CODING 0 + + +
=Total Score:

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all

Somewhat difficult

Very difficult

Extremely difficult

Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc. No permission required to reproduce, translate, display or distribute.

1

IDENTIFY RISK FACTORS

Note those that can be modified to reduce risk

2

IDENTIFY PROTECTIVE FACTORS

Note those that can be enhanced

3

CONDUCT SUICIDE INQUIRY

Suicidal thoughts, plans behavior and intent

4

DETERMINE RISK LEVEL/INTERVENTION

Determine risk. Choose appropriate intervention to address and reduce risk

5

DOCUMENT

Assessment of risk, rationale, intervention and follow-up

National Suicide Prevention Lifeline

1.800.273.TALK (8255)

Crisis Text Line:

Text HOME to 741741
988



<http://www.integration.samhsa.gov/clinical-practice/screening-tools>

Breastfeeding Resources for Black Mothers

- Black Mother's Breastfeeding Association
- Facebook Groups:
 - Black Moms Breastfeeding Support Group
 - Black Pumping Mamas
 - Milk Like Mine
 - Normalize Breastfeeding
 - Black Women Do Breastfeed
 - Black Moms Breastfeed
 - Black Breastfeeding Mamas Circle

Breastfeeding Resources for Non-Binary Gender Nonconforming and Trans Chestfeeding Individuals

- La Leche League: Transgender & Non-Binary Parents
- Facebook Groups:
 - Birthing and Breast or Chestfeeding Trans People and Allies
 - Queer Liquid Gold

Apps for Breastfeeding and Medication

- **Mother to Baby:** Organization of Teratology Information Specialists (OTIS)
- **Infant Risk:** Mommy Meds free, InfantRisk Center Health Care Mobile Resources (\$9.99)
- **LactFacts:** Institute for the Advancement of Breastfeeding and Lactation Education (IABLE)

Resources for Medications in Pregnancy and Breastfeeding

- **MotherToBaby:** <https://mothertobaby.org/>
866-626-6847
- **InfantRisk Center:** <https://www.infantrisk.com/>
806-352-2519
- **Ammon-Pinizzotto Center for Women's Mental Health at Massachusetts General Hospital:**
<https://womensmentalhealth.org/>
- **Reprotox:** <https://reprotox.org/>
- **LactMed Drugs and Lactation Database:**
<https://www.ncbi.nlm.nih.gov/books/NBK501922/>
- **E-Lactancia:** <http://www.e-lactancia.org/>
- **Toxicology Data Network (TOXNET):**
<https://www.nlm.nih.gov/toxnet/index.html>



Professional Resources

Professional FB Groups



Professional Perinatal Organizations

- International Marcé Society of Perinatal Mental Health
- Marcé of North America
- Pregnancy Loss and Infant Death Alliance
- National Association of Perinatal Social Workers
- American Society for Reproductive Medicine
- North American Society for Psychosocial Obstetrics and Gynecology
- Association of Women's Health, Obstetric and Neonatal Nurses
- American College of Obstetrics and Gynecology

When in Doubt...

- Refer or consult with a local reproductive psychiatrist if available.
- Utilize PSI's Consultation Service.
- Join PSI to access the Repropsych listserv for clinicians.

National Psychiatric Consultation Line



PSI Psychiatric
Consult Line:
877-499-4773

Perinatal Psychiatric Consult Service

Medical prescribers can call our free consultation line. Within 24 hours of calling you will be connected with an expert perinatal psychiatrist who can provide advice on diagnosis, treatment and medication management for preconception, pregnant and postpartum women.

For Medical Prescribers Only

- Free, expert consultation line.
- Connected with a perinatal psychiatrist within 24 hours who can provide advice on diagnosis, treatment, and medication management for preconception, and pregnant and postpartum women.
- NOT an emergency hotline.



Perinatal Resources



Get Help

Call the PSI HelpLine:

1-800-944-4773

#1 En Español or #2 English

Text in English: 800-944-4773

Text en Español: 971-203-7773

FIND LOCAL RESOURCES

- PSI "Warmline", the Helpline (800-944-4PPD) is active and helps individuals navigate resources and connect with volunteers and support groups.

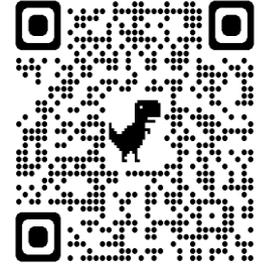
National Maternal Mental Health Hotline

1-833-852-6262
1-833-TLC-MAMA



- National MMH Hotline launched by HRSA; PSI is the Contractor
- 24/7/365; Call or Text
- English & Spanish; other languages by request
- Staffed by licensed mental health and healthcare clinicians, certified peer specialists and childbirth professionals

Perinatal Mental Health Alliance for People of Color (PMHA-POC)



Vision: To provide a safe space for clients, families, and professionals of color around perinatal mental health. Every person of color will be heard and supported around perinatal emotional wellness.

<https://www.postpartum.net/professionals/perinatal-mental-health-alliance-for-people-of-color/>

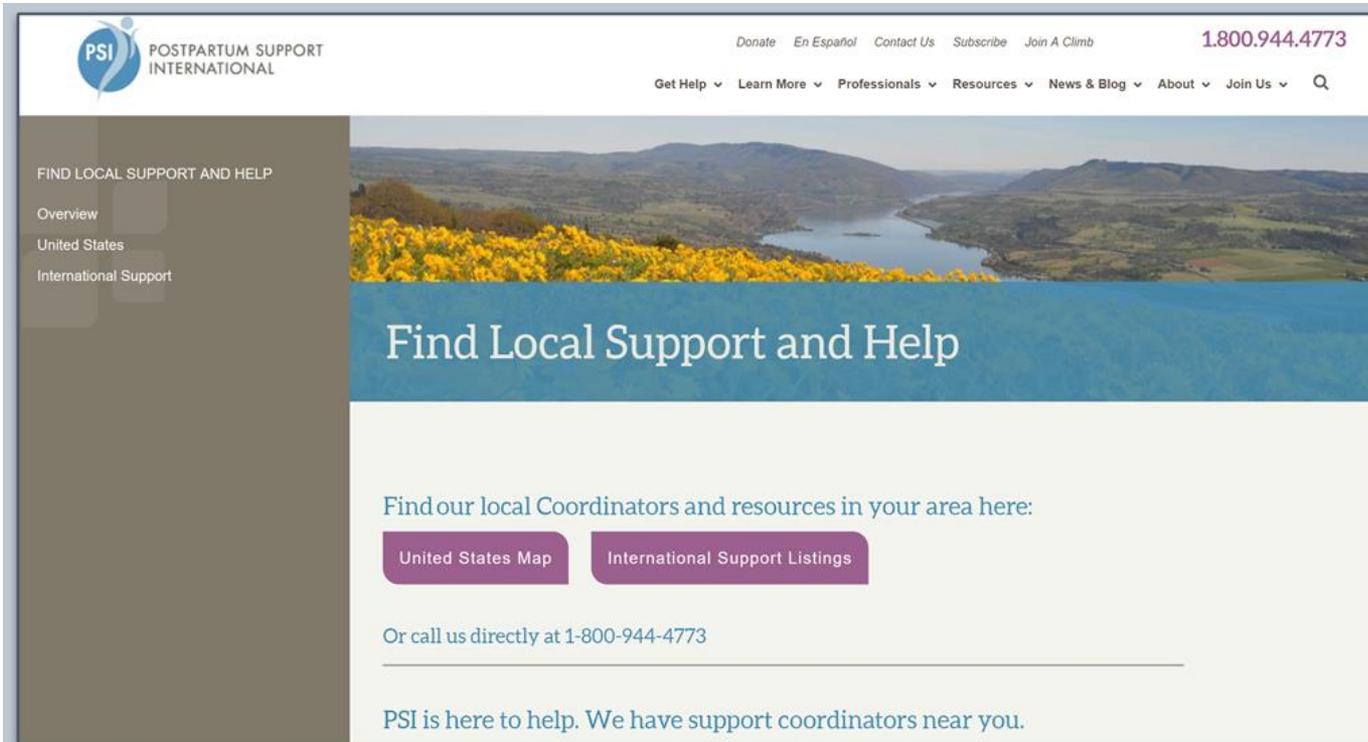


PSI Support for Families

PSI Support Coordinators:

- Every state and more than 40 countries
- Referrals to local providers and professionals with advanced knowledge of PMADs
- www.postpartum.net/get-help/locations/

Interactive Support Map



The screenshot displays the website's header with the PSI logo and navigation links: [Donate](#), [En Español](#), [Contact Us](#), [Subscribe](#), [Join A Climb](#), and the phone number **1.800.944.4773**. A secondary navigation bar includes [Get Help](#), [Learn More](#), [Professionals](#), [Resources](#), [News & Blog](#), [About](#), [Join Us](#), and a search icon.

The main content area features a large landscape image of a river valley with yellow wildflowers in the foreground. Below the image, the heading **Find Local Support and Help** is displayed. A sidebar on the left lists navigation options: **FIND LOCAL SUPPORT AND HELP**, [Overview](#), [United States](#), and [International Support](#).

The main text reads: **Find our local Coordinators and resources in your area here:**

Two purple buttons are provided: [United States Map](#) and [International Support Listings](#).

Below the buttons, it says: **Or call us directly at 1-800-944-4773**

A horizontal line separates this from the final text: **PSI is here to help. We have support coordinators near you.**

www.postpartum.net/get-help/locations/
www.postpartum.net/get-help/locations/united-states/



Support Coordinators

- Provide education, empathy, and resource referrals to those seeking support with PMADs.
- Respond to help seekers within twenty-four hours.
- Provide help to seekers with at least two resource referrals (when possible).
- Become familiar with local resources to provide the best referrals possible.
- New volunteers are wanted across the United States and Canada; the biggest needs are in Arkansas, Idaho, Maryland, Minnesota, New Mexico, and Tennessee.
- <https://www.postpartum.net/join-us/volunteer/supportcoordinator/>

Specialized Support Coordinators

- Offer support, information, and resources to parents experiencing specific conditions, roles, and risk factors for PMADs.
- Work with PSI Support Coordinators to offer local support and resources.
- <https://www.postpartum.net/join-us/volunteer/supportcoordinator/>

Specialized Coordinators

- Adolescent Parents
- Adoptive Parents
- Birth Mothers
- Breast/Body Feeding
- Dads
- Deaf Parents
- Grandparents
- Hyperemesis Gravidarum
- LGBTQIA+
- Infertility
- Postpartum Psychosis
- Pregnancy and Infant Loss
- Feeding Complications
- Medical Complications
- Military Families
- Maternal Near Miss Survivors
- Muslim Parents
- NICU Parents
- Parents and Substance Use
- Special Needs Diagnosis

International Coordinators

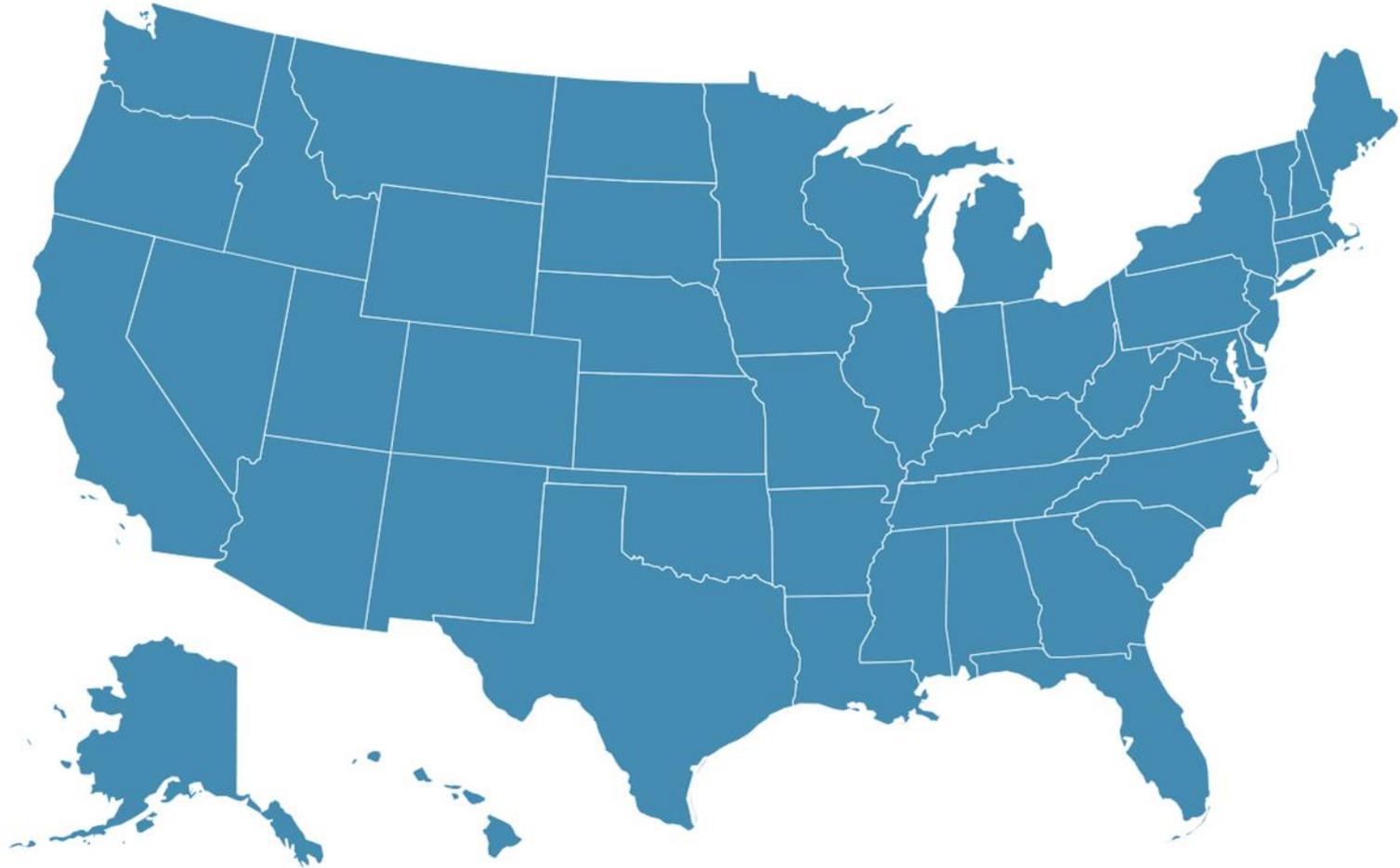
Argentina
Australia
Austria
Barbados
Belize
Bolivia
Botswana
Canada
China
Colombia
Costa Rica
Czech Republic
Denmark
Dominican Republic

Ecuador
France
Germany
Ghana
Greece
Hungary
India
Indonesia
Ireland
Israel
Italy
Japan
Jordan
Kenya
Latvia

Malaysia
Mexico
Nepal
Netherlands
New Zealand
Nigeria
Norway
Peru
Philippines
Puerto Rico
Serbia
Singapore
Slovenia
South Africa

Spain
St. Lucia
Sweden
Syria
Tanzania
Trinidad/Tobago
Tunisia
Turkey
Uganda
Ukraine
United Arab Emirates
United Kingdom
Zimbabwe

Active PSI Chapters



PSI State Chapters

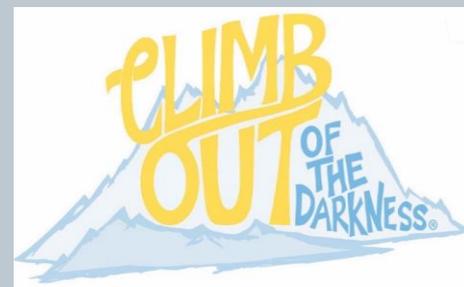
- Most chapters operate under the fiscal sponsorship of PSI to further PSI's mission on a statewide level.
- Raise awareness and funds for your own state through the Climb Out of the Darkness.
- Bring PSI trainings to your community.
- Scholarships for PSI training events.
- Contact chapters@postpartum.net to learn about starting a chapter in your state or to be connected to your state's existing chapter.

Climb Out of the Darkness®

www.postpartum.net/join-us/climbout/

The world's largest international event raising awareness of perinatal mental illness.

- Hosted throughout the year, between January and October.
- Raised \$200,000 in 2018. Of that, \$151,000 stayed in state chapters.
- “Climb Leaders” plan and coordinate each local event.
- “Climb Team” is the name of the local event.
- Money can fund local community projects (pending approval).
- Survivors, providers, friends, and family participate
- Climbers who raise \$100 earn a t-shirt.
- Peer to peer connections.
- Become a light to help guide others out of the darkness.



PSI Closed Facebook Group

- 20,000 members
- 10 trained PSI Volunteer Moderators and Staff
- A safe space for sufferers and survivors to share, normalize and comfort one another
- Moderators monitor the discussion, review member requests and comments prior to posting, and handle emergency situations when they arise
- <https://www.facebook.com/groups/25960478598>

PSI
Facilitated
Virtual
Peer
Support
Groups



PSI ONLINE SUPPORT GROUPS SCHEDULE



WEEKLY GROUPS:

- MON:**
- Perinatal Mood Support for Moms
 - Loss Support for Parents
 - Postpartum Psychosis Support for Moms
 - Desi Chaat (South Asian Moms)
 - Pregnancy After Loss
- TUE:**
- Perinatal Mood Support for Moms
 - Perinatal Mood Support for Parents
 - Apoyo Perinatal
 - Black Moms Connect
 - Pregnancy Mood Support
- WED:**
- Military Moms (Pregnancy & Postpartum)
 - Perinatal Mood Support for Moms
 - Queer & Trans Parents
 - Pregnancy Mood Support
- THU:**
- Perinatal Mood Support for Moms
 - NICU Parents
 - Fertility Challenges
 - Termination for Medical Reasons
- FRI:**
- Perinatal Mood Support for Parents
 - Pregnancy & Infant Loss for Moms
- SUN:**
- Black Moms Connect
 - Perinatal Mood Support for Moms

MONTHLY GROUPS:

- 1ST:**
- 1st Sunday - Support for Families Touched by PPP
 - 1st Monday - Birth Moms
- 2ND:**
- 2nd Monday - Support for Families After Maternal Death
- 3RD:**
- 3rd Wednesday - Mindfulness

BI-MONTHLY GROUPS:

- 1st & 3rd Tuesday - Perinatal OCD Support for Moms
- 1st & 3rd Friday - Dads Support
- 1st & 3rd Sunday - Perinatal Mood Support for Parents
- 2nd & 4th Wednesday - Special Needs & Medically Fragile Parenting
- 2nd & 4th Thursday - Pregnancy & Infant Loss for Parents

SCAN HERE FOR
UP-TO-DATE
SCHEDULE



Current as of 12/8/2021

Postpartum Support International | www.postpartum.net | 800.944.4773

CHAT WITH AN EXPERT



Becoming a new parent is often filled with many questions. We are here to help with the ones revolving around mental health. Call our weekly chat, led by a licensed mental health professional.

What kind of questions can I ask?

- I'm not sure if I need help. How do I know?
- I'm not depressed, I'm anxious. Where do I turn for help?
- Why am I angry all the time?
- How do I find a counselor?
- What will my first therapy appointment be like?
- I don't have any insurance. Is there help for me?
- I can't sleep. What can I do?
- How do I know if medication is safe to take while I'm pregnant or breastfeeding?

EVERY WEDNESDAY - MOMS
FIRST MONDAY - DADS

Chat Number: 800.944.8766
Participant Code: 73162

For days and times visit: www.postpartum.net/get-help/chat-with-an-expert

- Chat on group phone call
- Facilitated by PSI expert, licensed PMH professional
- Participants join by phone, can be anonymous
- There is no need to pre-register or give your name



Smart Patients Forum



Postpartum Support International (PSI) is proud to partner with Smart Patients to offer this online community, where women can receive peer support in a private space where they can feel comfortable sharing openly. The Smart Patients Postpartum community complements the programs of PSI to provide the information and comfort to pregnant and new mothers suffering from perinatal mood and anxiety disorders like postpartum depression, postpartum anxiety, postpartum PTSD, postpartum psychosis and depression and anxiety during pregnancy.

One of PSI's main goals is to make mothers and families aware that effective help is available, that they can get better, and that PSI can help them find knowledgeable providers who understand how to treat PPD.

Join Smart Patients, ask a question, participate in the discussions and support others who can learn from you.



Learn from other patients.

Patients often become extraordinarily knowledgeable about their disease. You can, too.

- Online health forum for medical and mental health challenges
- PSI staff moderates the PMAD forum
- Can be anonymous
- www.smartpatients.com/ppd



POSTPARTUM SUPPORT INTERNATIONAL

PEER MENTOR PROGRAM

For more information visit:
www.postpartum.net/peer-mentor-program

Postpartum Support International | www.postpartum.net | 800.944.4773

© 2022 PSI - <https://www.postpartum.net/>





Resources for Providers



PMH Discussion Tool



Perinatal Mental Health Discussion Tool

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- Feelings of hopelessness
- Lack of interest in the baby
- Trouble concentrating
- Brain feels foggy
- Feeling anxious or panicky
- Feeling angry or irritable
- Dizziness or heart palpitations
- Not able to sleep when baby sleeps
- Extreme worries or fears
(including the health and safety of the baby)
- Flashbacks regarding the pregnancy or delivery
- Avoiding things related to the delivery
- Scary and unwanted thoughts
- Feeling an urge to repeat certain behaviors to reduce anxiety
- Needing very little sleep while still functioning
- Feeling more energetic than usual
- Seeing images or hearing sounds that others cannot see/hear
- Thoughts of harming yourself or the baby

Risk Factors

Below are several proven risk factors associated with postpartum depression (PPD) and postpartum anxiety (PPA). Knowing these risk factors ahead of time can help you communicate more effectively with your family and medical provider and put a strong self-care plan in place.

Please mark all risk factors that apply:

- History of depression or anxiety
- History of bipolar disorder
- History of psychosis
- History of diabetes or thyroid issues
- History of FMS
- History of sexual trauma or abuse
- Family history of mental illness
- Traumatic pregnancy or delivery
- Pregnancy or infant loss
- Birth of multiples
- Baby in the NICU
- Relationship issues
- Financial struggles
- Single mother
- Teen mother
- No or little social support
- Away from home country
- Challenges with breastfeeding

RESOURCES

www.postpartum.net

- **PSI Helpline:** For local resources please call 800-944-4773 or text us at 503-894-9453. We can provide information, encouragement, and names of resources near you.
- **FREE Online Weekly Support Groups:** Lead by a trained facilitator. For days and times please visit: <http://www.postpartum.net/get-help/psi-online-support-meetings/>
- **FREE Psychiatric Consult Line:** Your medical provider can call 800.944.4773 x 4 and speak with a reproductive psychiatrist to learn about medications that are safe for you to take while pregnant and breastfeeding. <http://www.postpartum.net/professionals/perinatal-psychiatric-consult-line/>

** This is not a diagnostic tool and should not take the place of an actual diagnosis by a licensed professional. **

www.postpartum.net/resources/discussion-tool

As many as 1 in 7 moms (1 in 10 dads) experience symptoms of depression and anxiety during the postpartum period. People of every age, income level, race and culture can develop Perinatal Mood and Anxiety Disorders (PMADs) during pregnancy and within the first year after delivery. This tool can help track your symptoms and discuss them with your healthcare provider.

Being your own advocate is okay and you deserve to be well. Download or bring our discussion tool to your provider.

If you would like to help us translate this tool, please contact communications@postpartum.net



Frontline Provider Training

- For Frontline Providers — Obstetricians/Gynecologists, Family Practice Physicians, Internists, Nurse Practitioners, Midwives, Physician's Assistants, Nurses
- The CME training, provided by PSI experts, is designed to equip frontline providers with the skills necessary to assess patients for perinatal mental health complications and, as appropriate, provide treatment or connect individuals with additional resources and care.
- Available as either a single-day, onsite, 6-hour course or via two 2-hour-long on demand recorded webinars.
- Continuing Education Credits: CMEs, CNEs
- <https://www.postpartum.net/professionals/trainings-events/frontline-provider-trainings/>

Legal Resources Toolkit

- Advice For Lawyers -
Postpartum Mental Illness and
the Criminal Justice System
- <https://vimeo.com/253536312>



Primary Care Toolkits

- **ACOG Perinatal Mental Health Toolkit**
<https://www.acog.org/topics/perinatal-mood-and-anxiety-disorders>
- **McPAP for Moms – OB Provider and Ped Provider Toolkits**
<https://www.mcpapformoms.org/Toolkits/Toolkit.aspx>
- **Society for Developmental and Behavioral Pediatrics: Webinar and tool-kit for pediatricians**
http://www.sdbp.org/webinar/pmad_webinar.cfm
- **American Academy of Family Physicians: Postpartum Depression in Primary Care: Translating Screening and Management (TRIPPD)**
<http://www.aafp.org/patient-care/nrn/studies/all/trippd.html>
- **National Institute of Child Health & Human Development (2016)**
<https://www.nichd.nih.gov/ncmhdp/MMHM/Pages/index.aspx>



PSI Educational Materials



PSI Public Awareness Posters



You are not alone.

1 in 7 Mothers
experience depression • anxiety
during pregnancy • postpartum

exhaustion, appetite or sleep disturbances, mood swings, anxiety, feeling overwhelmed

Call your healthcare provider •
Contact us for support and resources
1-800-944-4PPD
www.postpartum.net



• Como me hubiera gustado saber que •

Una de cada siete madres
experimenta depresión • ansiedad
durante el embarazo • posparto

Consumo, cambios en el apetito y el sueño, cambios en el estado de ánimo, ansiedad, sentirse abrumada

Llama a tu médico o a un profesional de salud •
Llámenos para recibir apoyo y referencias a
varios recursos que te pueden ayudar
1-800-944-4PPD



Did you know?
Fathers can get depressed ^{and} anxious
after the birth of a child, too

*sadness, irritability and anger, low motivation,
distancing, sleep or appetite disturbances*

Call your healthcare provider •
Contact us for support and resources
1-800-944-4PPD
www.postpartum.net



Sabías que?
Sí, los papás también pueden estar deprimidos
• ansiosos después del nacimiento de un bebé

*Tristeza, irritabilidad y enojo, baja motivación,
distanciamiento, cambios en el apetito y el sueño*

Llama a tu médico o a un profesional de salud •
Llámenos para recibir apoyo y referencias a
varios recursos que te pueden ayudar
1-800-944-4PPD
www.postpartum.net



www.postpartum.net/resources/psi-awareness-poster/

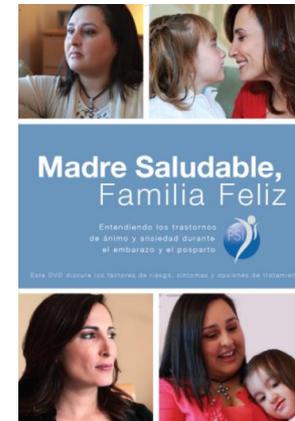
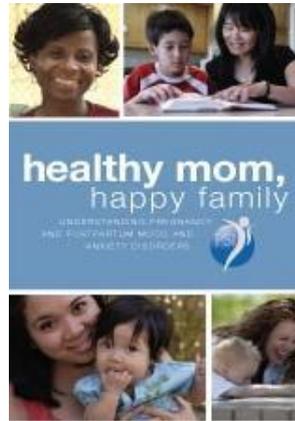
PSI Educational Brochures

English and Spanish



www.postpartum.net/resources/psi-brochure/

PSI Educational DVDs



Healthy Mom, Happy Family

- In English and Spanish
 - www.postpartum.net/resources/psi-educational-dvd/
 - Buy or watch online at www.vimeo.com/ondemand/postpartumvideo

PSI Social Media

- **PSI Facebook Open Fan Page:**
www.facebook.com/PostpartumSupportInternational
- **PSI Facebook Closed Group:** www.facebook.com/groups/25960478598/
- **PSI Twitter:** @postpartumhelp; www.twitter.com/PostpartumHelp
- **PSI Instagram:** @postpartumsupportinternational
- **PSI Vimeo:** <https://vimeo.com/postpartumsupport>
- **PSI YouTube Channel:**
<https://www.youtube.com/user/postpartumvideo>
- **PSI LinkedIn:** www.linkedin.com/company/postpartum-support-international
- I Am One Podcast

PSI en Español

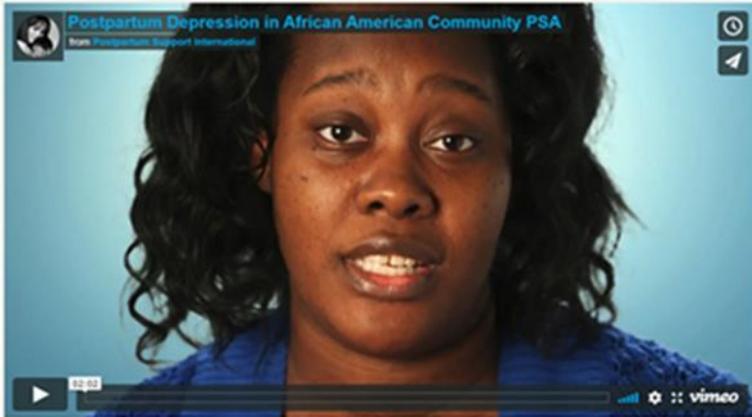
www.postpartum.net/en-espanol/

Únase a PSI en nuestras nuevas cuentas de redes sociales en Español:

- https://www.instagram.com/postpartumsupportint_espanol/
- <https://www.facebook.com/postpartumsupportint.espanol>

Videos

Postpartum Depression in African American Community PSA



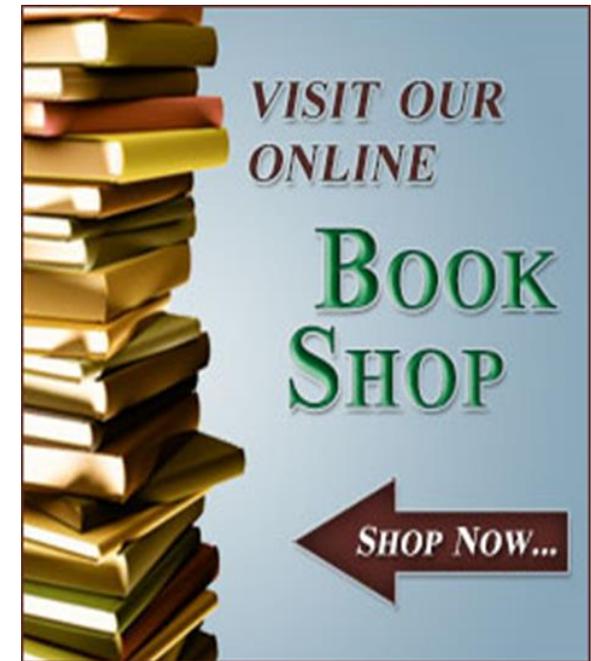
Help for Postpartum Depression and Anxiety PSA



- **PSI Educational DVDs (promo/trailer):**
 - <https://vimeo.com/ondemand/postpartumvideo>
- **PSI Public Service Announcements:**
 - www.postpartum.net/news-and-blog/publicserviceannouncements/

PSI Bookstore

- Check out the PSI Bookstore for highly recommended perinatal books, PSI gear, and more!
- www.postpartum.net/resources/store/
- PSI members receive 25% off of Springer Publishing books and journals.



Professional Development

www.postpartum.net/professionals/trainings-events

- **PSI and 2020 Mom Online MMH Certificate Course:**
 - www.postpartum.net/professionals/trainings-events/mmh-online-certificate-course/
- **Two-Day Perinatal Mood and Anxiety Disorders Training:**
 - www.postpartum.net/professionals/psi-certificate-training/
- **Advanced PMH Psychotherapy:**
 - www.postpartum.net/professionals/trainings-events/psi-advanced-psychotherapy-trainings/
- **Advanced PMH Psychopharmacology:**
 - <https://www.postpartum.net/professionals/trainings-events/advanced-pmh-psychopharmacology/>
- **Front-Line Provider Training (online or on-site):**
 - www.postpartum.net/professionals/trainings-events/frontline-provider-trainings/
- **PSI President's Advisory Council Webinar Series:**
 - www.postpartum.net/professionals/pac-web-series/



POSTPARTUM SUPPORT
INTERNATIONAL

2024 ANNUAL CONFERENCE

SAVE THE
DATE

July 26-28
Pre-conference July 24-25

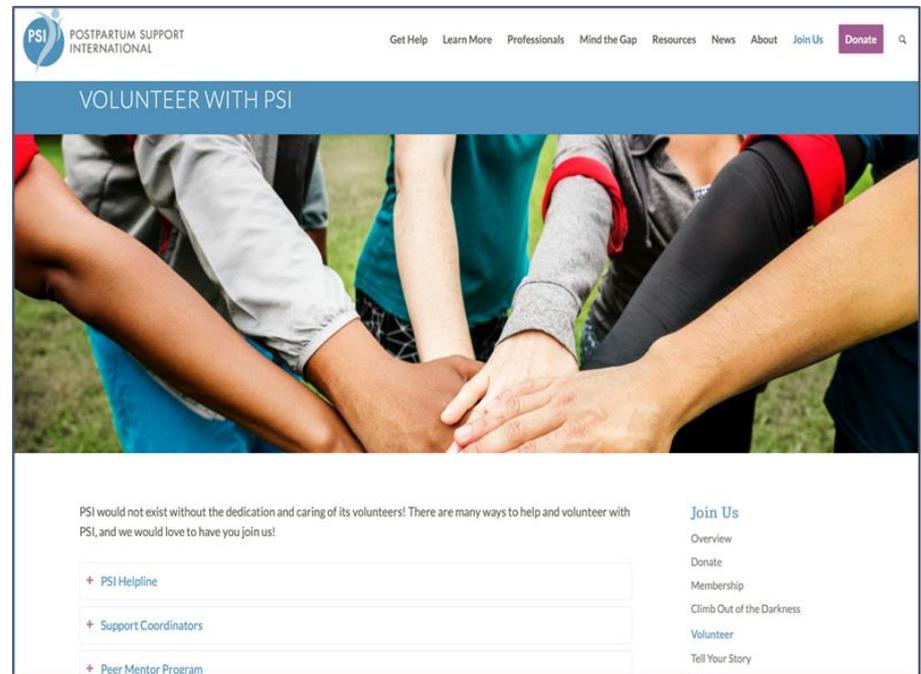
Grand Hyatt Washington
Washington, D.C.



Volunteer with PSI

- Support and Specialized Coordinators
- Online Support Group Facilitators
- Helpline
- Peer Mentor Program
- PSI Chapters
- ...and more!

www.postpartum.net/join-us/volunteer



PSI POSTPARTUM SUPPORT INTERNATIONAL

Get Help Learn More Professionals Mind the Gap Resources News About Join Us Donate

VOLUNTEER WITH PSI

PSI would not exist without the dedication and caring of its volunteers! There are many ways to help and volunteer with PSI, and we would love to have you join us!

- + PSI Helpline
- + Support Coordinators
- + Peer Mentor Program

Join Us

- Overview
- Donate
- Membership
- Climb Out of the Darkness
- Volunteer
- Tell Your Story

PSI Membership

www.postpartum.net/join-us/become-a-member/

- Member rates are tiered, including a student rate and group rates
- Member Forum/Listserv Groups: PSI Care Providers Group + PSI Reproductive Psychiatry Group
- Monthly facilitated virtual peer consultation groups in English and in Spanish
- Discounts on PSI trainings, conference registration, and educational resources
- Connection with PSI's Perinatal Mental Health Alliance for People of Color
- Connection with local PSI Chapters
- Discounts with our partners (including Mass. General Hospital Center for Women's Mental Health trainings, Anxiety and Depression Assoc. of America membership, National Perinatal Association membership, Springer Publishing books and journals)

Membership dues support PSI as a whole as we provide direct peer support to families, train professionals, and provide a bridge between them.



Member benefit highlight

Professional Peer Consultation Groups

Included in PSI membership

Meet with other providers to improve knowledge and skills relating to the treatment of perinatal mood and anxiety disorders, birth trauma and perinatal loss.

Unique web conferencing groups for:

-Prescribers (licensed medical professionals incl OB/GYNs, internists, family practice doctors, psychiatrists, nurse practitioners, and midwives)

-Mental health counselors, psychologists, and other mental health professionals –
in English and in Spanish

To join, become a member at:
<https://www.postpartum.net/join-us/>

Log into your member account and select the groups in the “Edit Profile” section.



Become a PSI Member!



JOIN THE MGH CENTER
FOR WOMEN'S MENTAL
HEALTH

VIRTUAL ROUNDS



Wednesdays, 2-3pm EST
One-time registration required

Link to Zoom Registration:
bit.ly/2M4xQCz



Certification in Perinatal Mental Health PMH-C

- A structure for professional education and evaluation
- A standardization of training and experience to inform families and payers of perinatal mental health specialists
- The certification curriculum requirements build on existing evidence-based perinatal mental health certificate trainings, adding an advanced-training component.

<http://www.postpartum.net> © 2018 PSI

<https://www.postpartum.net/professionals/certification>



PSI Perinatal Mental Health Certification Map



For any questions, email: certification@postpartum.net

PSI Bridges the Gap



- We provide direct peer support to families, train professionals, and provide a bridge to connect them
- www.postpartum.net