

Perinatal Substance Use (PSU) 101

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POLICY CENTER
FOR Maternal Mental Health™

Formerly 2020 Mom

Substance Use Recovery Support for Perinatal Moms and Birthing People

- Join PSI-trained peer facilitators, who have lived and/or professional experience, for a recovery-focused virtual gathering. This peer support group is for those from pregnancy to two years postpartum who are engaged in recovery or considering recovery from substance use disorders (SUD)
- 1st and 3rd Monday at 6PM (EST)/3PM (PST)
- Learn more & Register here:
<https://www.postpartum.net/group/substance-use-recovery-support-for-perinatal-moms-and-birthing-people/>



Screening Tools

- Policy Center for Maternal Mental Health Screening and Tools
 - <https://policycentermmh.org/screening-overview/>
- Connection to a variety of validated screening tools for maternal mental disorders



POLICY CENTER
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The Maternal Mental Health FORUM

- Join for the 2025 Maternal Mental Health Forum
- Together with Policymakers, Payors, Provider Leaders, and our Partners, we will discuss progress, roadblocks, and solutions to closing gaps in maternal mental health care. The FORUM agenda will include topics at the intersection of Policy, Payment and Practice.
- Register here: <https://policycentermmh.org/forum/>
- Tuesday March 18th, Wednesday March 19th, 2025
 - Livestream
 - 9:30 am – 4:00 pm



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SHERECOVERS Foundation

- <https://sherecovers.org/together-online/>
- SHE RECOVERS® Together Online gatherings and identity-based support groups are informed by the SHSHE RECOVERS® Together Online gatherings and identity-based support groups are informed by the SHE RECOVERS Intentions & Guiding Principles.
- Resources for Individuals
 - Free online support groups
 - Retreats
 - Workshops
 - Connection to providers in your area
 - Online resources and tools
- Resources for Providers
 - Training in: recovery coaching, trauma informed yoga, professional development, and more

SAMHSA National Helpline

- The Substance Abuse and Mental Health Administration (SAMHSA) operates a free and confidential helpline to provide people with answers about common mental health conditions, including substance abuse disorders. The helpline can also help people navigate treatment options in both English and Spanish.
- Call 1-800-622-4357
- Use their online treatment provider search to look for available substance abuse treatment programs, including information about insurance and other pay options.
 - <https://findtreatment.gov/>

The National Institute on Alcohol Abuse and Alcoholism (NIAAA)

- NIAAA offers an online screening tool to assess drinking habits as well as many resources to help you navigate treatment and talk to loved ones
- <https://alcoholtreatment.niaaa.nih.gov/>
- Alcohol Treatment Navigator:
<https://alcoholtreatment.niaaa.nih.gov/FAQs-searching-alcohol-treatment#topic-what-if-I-need-alcohol-treatment-for-adolescent>
- Resources and considerations for adolescent treatment:
<https://alcoholtreatment.niaaa.nih.gov/FAQs-searching-alcohol-treatment#topic-what-if-I-need-alcohol-treatment-for-adolescent>

SAMHSA – FindTreatment.gov

- <https://www.findtreatment.gov/>
- Can help pinpoint individuals or families to specific resources or tools including:
 - Understanding Addiction: <https://www.findtreatment.gov/what-to-expect/addiction>
 - Treatment Options: <https://www.findtreatment.gov/what-to-expect/treatment>
 - Treatment Payment Plans: <https://www.findtreatment.gov/what-to-expect/payment>
 - Understanding Mental Health: <https://www.findtreatment.gov/what-to-expect/mental-health>

AddictionHelp.com

- <https://www.addictionhelp.com/about-us/resources/>
- AddictionHelp.com provides recovery resources specific to the substance you struggle with. Their site also includes addiction forums, blogs and publications, and helpful recovery apps

Recovery Village

- <https://www.therecoveryvillage.com/family-friend-portal/>
- Recovery village provides resources for friends and family seeking strategies of support. Some of these include:
 - Resources for loved ones:
<https://www.therecoveryvillage.com/family-friend-portal/>
 - Mental Health Resources:
<https://www.therecoveryvillage.com/mental-health/>
 - Webinars: <https://www.therecoveryvillage.com/webinars/>

Digital Supports

- Sober (<https://sober.com/>)
 - App in the AppStore and Google Play
 - It was created by a Harvard-educated addiction counselor and gives users daily motivation, craving-avoidance tools, and a chat forum.
- I Am Sober (<https://iamsobber.com/en/site/home>)
 - App available for iPhone and Android
 - Allows you to celebrate milestones, make personal goals, and join a community of other people pursuing new, healthy habits. It can also help you prepare for common withdrawal symptoms.

Recommended Screening Tools

Table 1				
<i>Screening Tools for Perinatal Substance Use</i>				
Measure name	Constructs Assessed	Items	Clinical Threshold	Citation
<u>Perinatal Specific Tools</u>				
4P's Plus	triggers for substance use/ abuse, follow-up for quantity	7 plus follow up	affirmative response to any of the last four items	Chasnoff et al., 2007
5P's	substance use by women's parents, peers, partner, during her pregnancy and in her past	5 plus follow up	affirmative response to any item suggests follow-up needed	Massachusetts Institute for Health and Recovery, 1999
SURP-P	Marijuana & alcohol use; desire to cut down	3 items	one affirmative response = moderate risk, 2-3 affirmative responses = high-risk for substance use	Yonkers et al., 2010

Recommended Screening Tools

Substance Use Tools Non-specific to Perinatal Period				
CAGE	Heavy alcohol use; modified to include drug use (CAGE-AID)	4 items	score of two or greater	Ewing, 1984
TWEAK	harmful drinking habits in pregnant women	5 items	score of two or greater	Chan et al., 1993
T-ACE	Identifiers of risky and harmful alcohol use	4 items	score of two or greater	Sokol, 1988
AUDIT-C	Identifiers of risky alcohol use	3 items	Score of three or greater	Bush et al., 1998
NIDA-ASSIST	Use of alcohol, tobacco products, non-medical need based prescription drugs, illegal drugs; frequency & impairment related to use	2 parts, 4 items & 8 items	lower risk (scores 0–3), moderate risk (scores 4–26), or high risk (scores 27 or higher)	NIDA, 2009



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
- Maternal Mental Health Now



Perinatal Resources

PSI App

“Connect by PSI”

Download the app

Connect with PSI for:

- ✓ Community at your fingertips
- ✓ Instant access to HelpLine/hotline
- ✓ Directory of trained providers



Connect by PSI





POSTPARTUM SUPPORT
INTERNATIONAL

Get Help

Call the PSI HelpLine:
1-800-944-4773

#1 En Español or #2 English

Text "Help" to 800-944-4773 (EN)

Text en Español: 971-203-7773

GET HELP

988 Suicide &
Crisis Lifeline

National Maternal
Mental Health Hotline (US only)

***The PSI HelpLine does not handle emergencies.**

People in crisis should call their local emergency number or the
National Suicide Prevention Hotline at 1-800-273-TALK (8255).

Resources for Families



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

PSI Support Coordinators

- Provide education, empathy, and resource referrals to those seeking support related to PMH.
- Respond within 24 hours.
- Provide appropriate referrals for further help, including PSI Programs.
- Join us! To see areas of need and apply, visit PSI's Get Involved section:

<https://www.postpartum.net/join-us/volunteer/supportcoordinator/>

Support (local) Coordinators

Provide general PMHD support to those in their community.

Share local resources to support Perinatal Mental Health. (PMH-trained therapists, psychiatric providers, doulas)

Refer to Specialized Coordinators when helpful.

Specialized Coordinators

Support focused on specific conditions, roles, experiences related to potential increased PMHD risk. (*examples on next slide*)

Not bound by location –resources related to their area of specialization. For local resources, PSI will connect with the help seeker's nearest Support Coordinator.

Specialized Coordinators

ADHD, Parents with

Adoptive Parents

Advanced Maternal Age

Babies with Special Needs

Bed Rest

Birth Mothers

Birth Trauma

Breast-/Body-Feeding Challenges

Christian Parents

Dads

Disabled Parents

Eating Disorders

Fertility Challenges

Foster Parents

Gestational Surrogates & Intended

Parents

Grandparents

Hard of Hearing/deaf Parents

Hindu Parents

Hyperemesis Gravidarum

LGBTQIA+

Maternal Near Miss

Military Parents (each branch)

Multiples, Parents of

Muslim Parents

Neurodivergent Parents

NICU Parents

OCD, Parents with

Orthodox Jewish Parents

Perineal Tear

Post Abortion

Postpartum Psychosis

Preeclampsia & Long-Term
Complications

Pregnancy and Infant Loss

Pregnancy and Infant Loss: Early
Loss & Pregnancy After Loss

Pregnancy and Infant Loss:
Stillbirth

Pregnancy Termination for Medical
Reasons

PTSD

Single/Co-parents

South Asian Parents

Teen/Young Adult Parents

Unplanned C-Section

International Support

- List of PMH-focused Organizations on PSI website
- International Volunteers and PSI Team assist parents to find local resources

Australia

Bermuda

Botswana

Czech Republic

Dominican Republic of the Congo

Egypt

France

Germany

Ghana

Greece

Haiti

India

Indonesia

Ireland

Italy

Japan

Jordan

Kenya

Latvia

Lithuania

Malaysia

Netherlands

New Zealand

Nigeria

Poland

Portugal Romania

Saudi Arabia

Singapore

Slovakia

South Africa

Switzerland

Taiwan/Indonesia

Tanzania

Trinidad and Tobago

Turkey

Ukraine

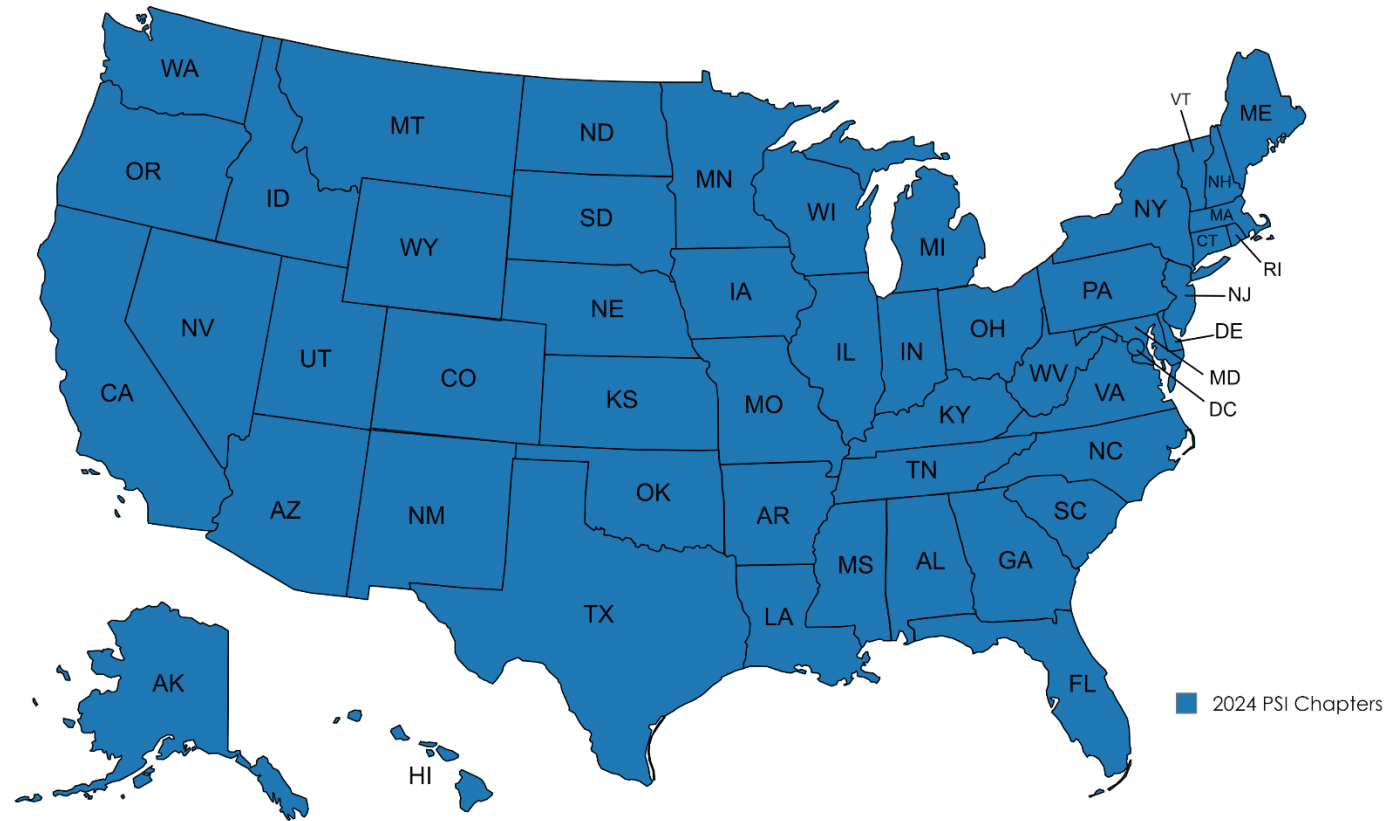
United Kingdom

United Kingdom - Ireland

United Arab Emirates

Zimbabwe

PSI Chapters



PSI USA Chapters Program

PSI Chapters further the mission of PSI on a state/local level:

- Each state/territory is unique with its own systems, barriers to care and opportunities
- By providing the structure and support of the Chapters Program, PSI empowers advocates to create change in their own state
- Chapter leaders work to **build community, raise awareness, create resources, and advocate for change**

We have chapters in all states, as well as Washington DC!

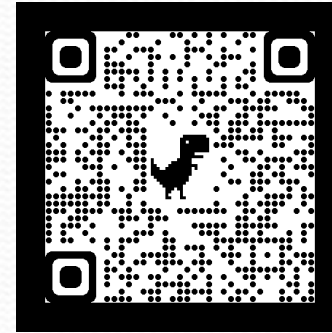
If you are interested in connecting with your local chapter, please contact

chapters@postpartum.net

<https://psichapters.com/>

PSI Provider Directory

<https://psidirectory.com/list-your-practice>



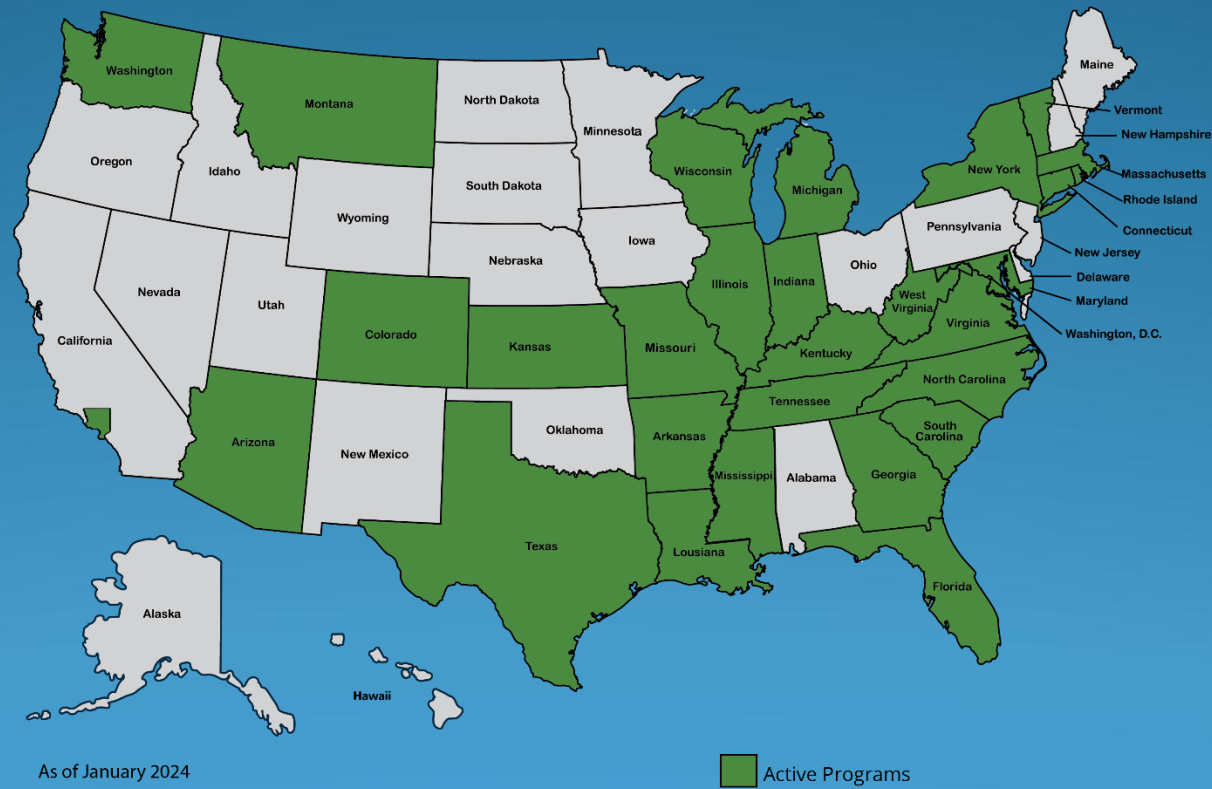
Share with Families
+
List Your Practice

US and Canada
Providers apply and
approved by PSI

Integrated with PSI
Support Network

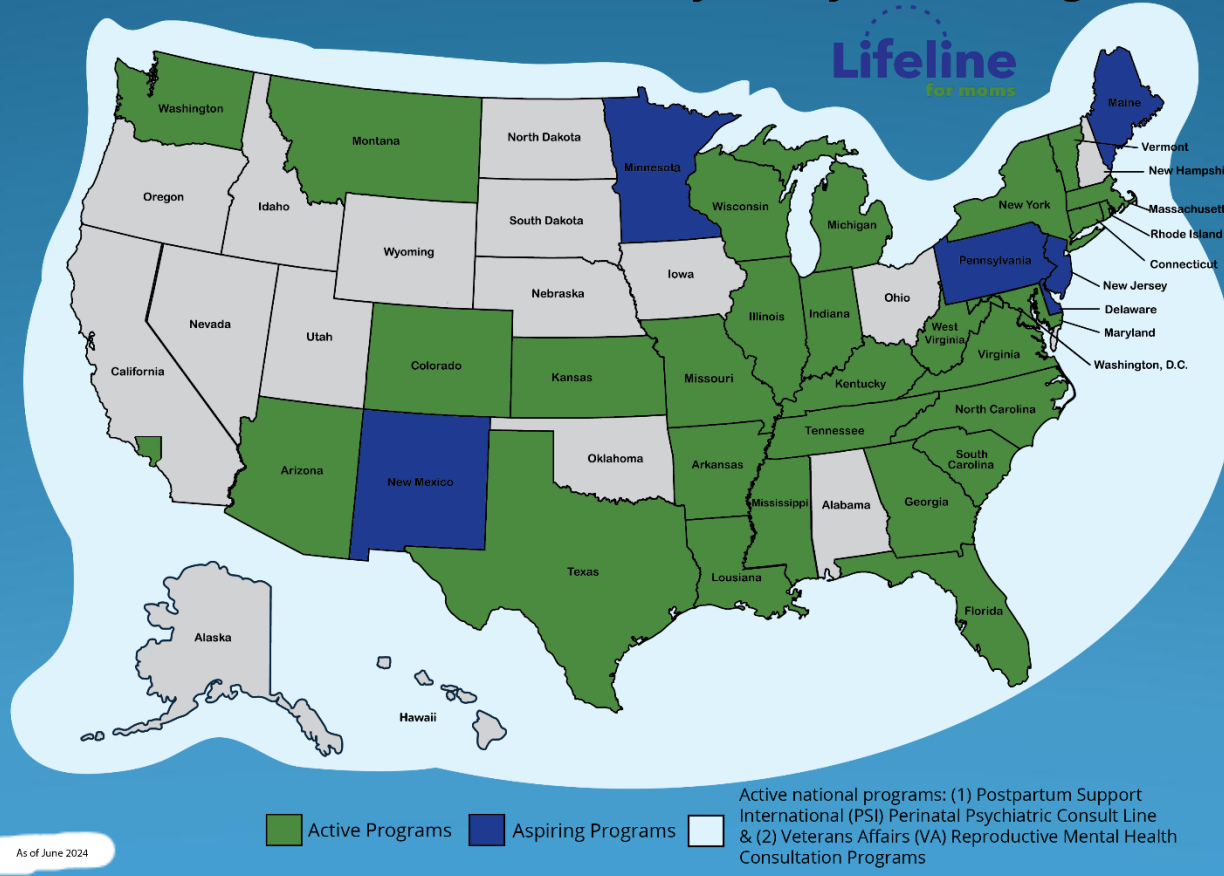
Psychotherapists
Psychiatry
Physicians
Support Groups
PMH-Cs

There are 29 statewide and regional Perinatal Psychiatry Access Programs with the potential to cover 2.5 million or 68% of the 3.7 million births in the US

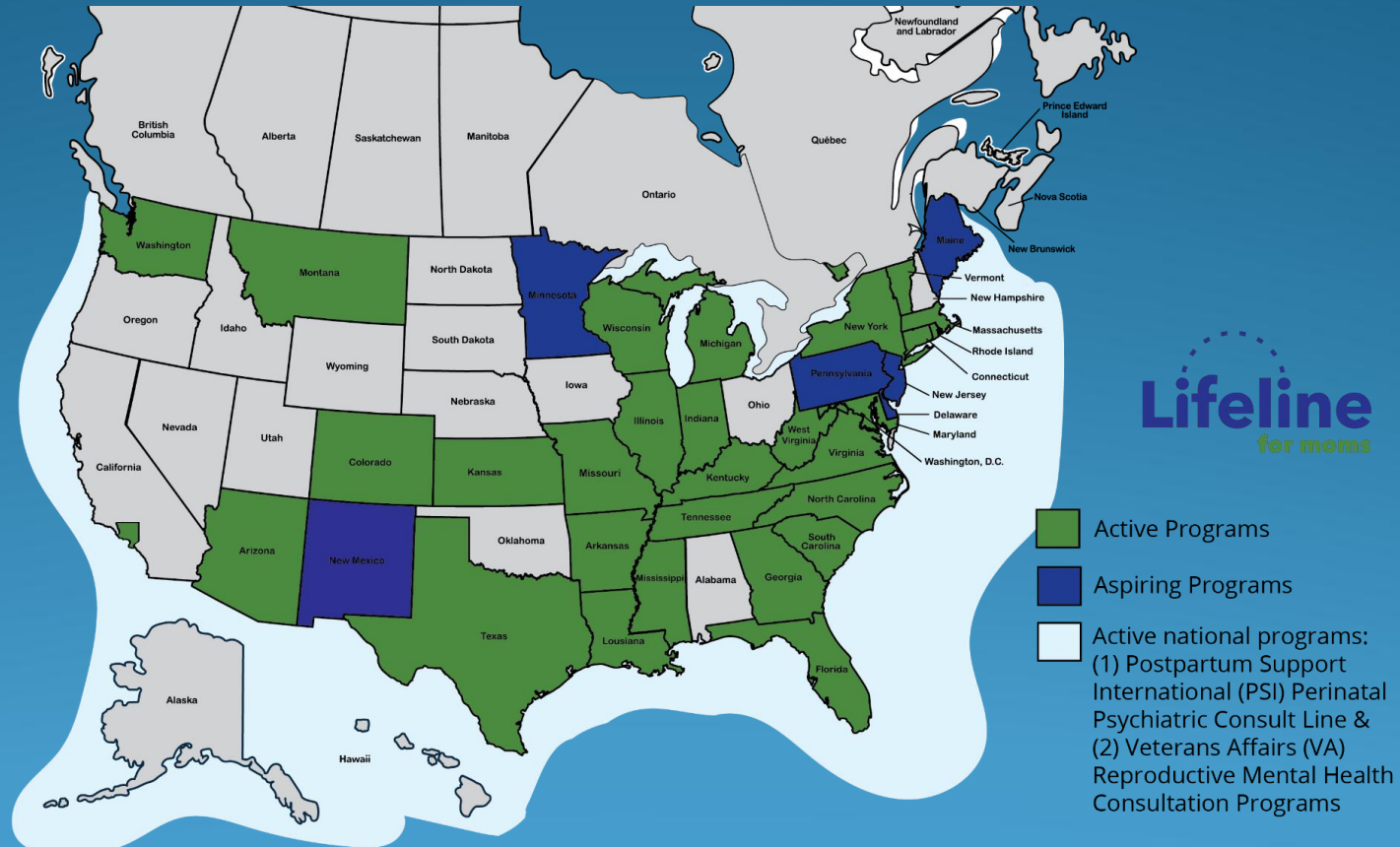


These and other Access Programs have come together as a network

National Network of Perinatal Psychiatry Access Programs



These and other Access Programs have come together as a network



As of June 2024

The Climb®

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

The world's largest event raising funds and awareness for mental health of new families.

- Trained Climb Leaders lead local events
- Events hosted in the summer & fall
- Fundraised approx. \$400,000 in 2023
- Funds divided equally between PSI & State Chapters
- Participants who fundraise \$100 can earn a t-shirt
- Survivors, providers, friends, and family participate
- Connection, community-building, resource-sharing



Find a Climb Near You:



Support for Parents



Support for Parents

Peer Support Services

HelpLine

- Toll-free number that anyone can call or text
- Provides basic information, support, & resources regarding perinatal mental health in English & Español.
- Staffed by volunteers 7 days a week
- Voicemails & texts returned within 24 hours

Online Support Groups

- Free weekly online support groups on numerous topics
- Trained facilitators offer peer (not clinical) support
- "Come as you are" atmosphere - cameras optional
- 90-minutes in length, providing information and resources, with the majority of time spent on open discussion among peers.

Chat with an Expert

- Free live phone sessions offered to all parents
- No registration required, limited to first 15 callers
- Facilitated by licensed mental health professionals
- Connect with other parents: talk about resources, symptoms, options, & general information about PMADs.

Support Coordinators

- Provide education, empathy and resource referrals to those who reach out for help.
- Local: Do their best to know all resources in their geographic areas, so they can provide best referrals.
- Specialized: Provide knowledgeable support for a population at high risk for PMADs or a particular experience related to pregnancy, birth or postpartum.

Social Media Groups

- PSI Closed Facebook Group: For support & peer educational purposes, not clinical help.
- PSI Dads Closed Facebook Group: For support & peer educational purposes specific for dads, not clinical help.
- Smart Patients: An online community for patients and their families beyond the postpartum period. Survivors are welcome to share stories of recovery and hope. Users can be anonymous.

Peer Mentor Program

- Pairs an individual in need of support with a trained volunteer who previously experienced perinatal mental health struggles and is now thriving.
- Weekly communication between peer and mentor for up to 1 year.
- Pairs are thoughtfully matched on a variety of attributes, including perinatal experiences (including loss and post termination), family structure, race/ethnicity and other individual nuances.



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

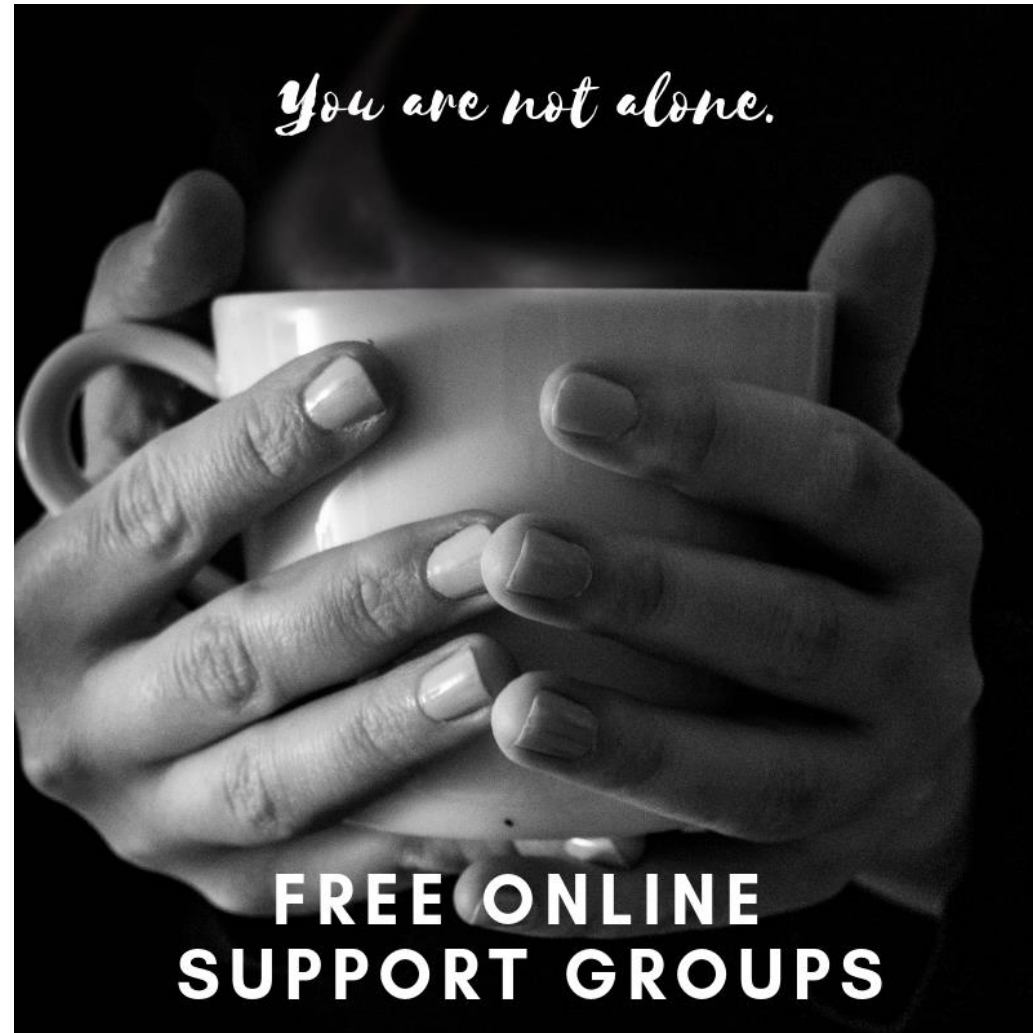
PSI Closed Facebook Group

- 22,000 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>

Closed Facebook Group for Dads

- PSI has a closed Facebook Group for dads, where members can get a lot of great support and information from other dads.
- <https://www.facebook.com/groups/682525349518226>

PSI
Facilitated
Virtual Peer
Support
Groups





Postpartum Support International



Free Online Support Groups

800-944-4773 | postpartum.net



Mood & Mental Health Support for Moms/Birthing People

- Bipolar Support for Perinatal Moms & Birthing People
- Birth Trauma Support
- Birth Trauma Support for BIPOC Birthing People
- Black Moms Connect
- Perinatal Mood Support for Moms
- Military Moms
- Perinatal Mood Support for Returning Members Only
- Perinatal OCD Support for Moms
- Pregnancy & Postpartum Psychosis Support for Survivors (Moms & Birthing People)
- Pregnancy Mood Support Group
- Birth Moms Support Group
- Perinatal Support for Latinx Moms & Birthing People
- Perinatal Support for South Asian Moms
- Mindfulness for Pregnant & Postpartum Parents

Post - Abortion Support

Parenting

- Adoptive & Foster Parent Support for the Early Years
- NICU Parents
- Pregnant & Postpartum Parents of Multiples
- Queer & Trans Parents Support Group
- Single Perinatal Parent Support
- Support of Parents of One to Four-Year-Old Children
- Support for Parents of High Needs Babies
- Dads Group
- Perinatal ADHD Support Group
- Support for Families Touched by Postpartum Psychosis

Spanish Groups

- Grupo de apoyo gratuito papas
- Grupo de Apoyo para el Embarazo
- Grupo de Apoyo para el Posparto
- Grupo de Apoyou para Padres con Niños con Necesidades Especiales
- Grupo de Apoyo "Peridida y Duelo"
- Grupo de Apoyo Perinatal
- Grupo de Apoyo "Retos de la Crianza"

BIPOC Groups

- Birth Trauma Support for BIPOC Birthing People
- Black Moms Connect
- Perinatal Support for Latinx Moms & Birthing People
- Perinatal Support for South Asian Moms
- Black Moms in Loss

Loss & Grief Support

- Black Moms in Loss
- Early Pregnancy Loss Support for Moms
- Fertility Challenges
- Parenting After Loss
- Pregnancy After Loss Support
- Pregnancy After Stillbirth & Early Infant Loss
- Pregnancy & Infant Loss Support for Moms
- Pregnancy & Infant Loss Support for Parents
- Stillbirth & Infant Loss Support for Parents

Scan for Help!



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



Resources for Providers

PSI 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.

Peer Consultation groups for:

- **Mental health providers** (in English and in Spanish, and a group for BIPOC providers)
- **Prescribers** (facilitated by reproductive psychiatrists)
- Stay tuned for additional groups in development, including one for **doulas!**

Medical Provider Training

- For Medical Providers — Obstetricians/Gynecologists, Family Practice Physicians, Internists, Nurse Practitioners, Midwives, Physician 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
- [Perinatal Mental Health Training for Medical Providers - Postpartum Support International \(PSI\)](#)



POSTPARTUM SUPPORT INTERNATIONAL

PERINATAL PSYCHIATRIC CONSULT LINE

877.499.4773

A free consultation line for medical professionals with questions about the mental health care of pregnant, postpartum, and pre-conception planning patients. Call today to speak with one of our expert reproductive psychiatrists.

*This service is available for
medical providers only.*



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

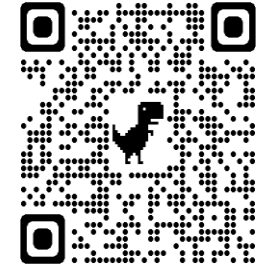


Vision: To provide a safe space for clients, families, and professionals of color around perinatal mental health. Every person of color will be heard and supported around perinatal emotional wellness.

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



Alianza de Salud Mental Perinatal para Personas de Color (PMHA/POC por sus siglas en inglés)



Visión: Proporcionar un espacio seguro para los clientes, las familias y los profesionales de color en torno a la salud mental perinatal. Todas las personas de color serán escuchadas y apoyadas en torno al bienestar emocional perinatal.

<https://www.postpartum.net/la-alianza/>



The Blue Dot Project



TheBlueDotProject is program of
Postpartum Support International

The blue dot is the
symbol of perinatal
mental health
survivorship,
support, and
solidarity.

The Purpose of TheBlueDotProject

- Raise awareness of perinatal mental health disorders
- Proliferate the blue dot as the symbol of solidarity and support
- Combat stigma and shame

Learn more



TheBlueDotProject.org



Let's make the blue dot as recognizable as the pink ribbon is for breast cancer.

Get
your
blue
dot



Shop

BlueDot TheBlueDot project Ambassadors

BlueDot Ambassadors serve as the "boots on the ground" advocates to help proliferate the blue dot symbol and spread awareness surrounding perinatal mental health.



Sign up



The official host of:

Maternal
Mental Health
AWARENESS WEEK
A social media campaign every first week of May



PSI Legal Justice Program

- <https://www.postpartum.net/about-psi/legal-justice/>
- Video: Advice For Lawyers - Postpartum Mental Illness and the Criminal Justice System
<https://vimeo.com/253536312>



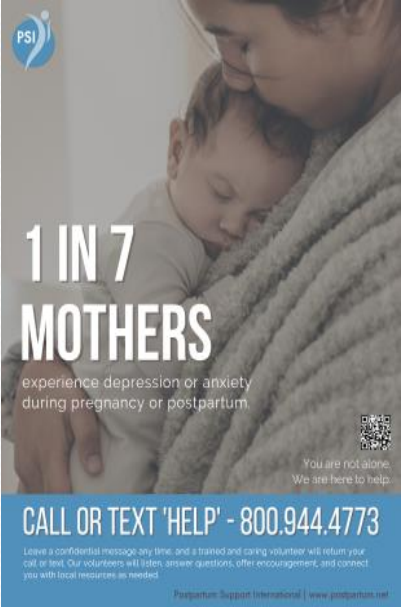
Primary Care Toolkits

- **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>



PSI Educational Materials

PSI Public Awareness Posters



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

PSI Educational Fliers and Posters

English and Spanish

<https://postpartum.app.neoncrm.com/np/clients/postpartum/catalog.jsp?catalog=1>

PSI POSTPARTUM SUPPORT INTERNATIONAL

We Can Help with Perinatal Mental Health

Having a baby is supposed to be an amazing experience—the best moment of your life. Everyone says, “You must be so happy!”

But what if you’re not? What if you’re depressed, anxious, or overwhelmed? What if your partner or friends are worried about you, but you just don’t know how to talk about it?

You’re not alone. Postpartum Support International can help you get better.



Ask Yourself

- Are you feeling sad or depressed?
- Do you feel more irritable or angry with those around you?
- Are you having difficulty bonding with your baby?
- Do you feel anxious or panicky?
- Are you having problems with eating or sleeping?
- Are you having upsetting thoughts that you can’t get out of your mind?
- Do you feel as if you are “out of control” or “going crazy”?
- Do you feel like you never should have become a parent?
- Are you worried that you might hurt your baby or yourself?

1 in 5 women and 1 in 10 men experience depression or anxiety during the perinatal period.

Many people face mental health challenges during the perinatal period—pregnancy, post-loss, and the 12 months postpartum. In fact, perinatal mental health (PMH) disorders are the most common complication of childbearing in the U.S.

Although most people are familiar with postpartum depression, there are several other forms of PMH disorders, including anxiety, obsessive-compulsive disorder, post-traumatic stress disorder, bipolar disorder, and psychosis. They can affect parents of every culture, age, income, and race. Please see the back of this sheet for a complete list of PMH disorders.

Left untreated, PMH disorders can lead to premature or underweight births, impaired parent-child bonding, and learning and behavior problems later in childhood. They can even raise the risk of maternal mortality. The good news is that support and resources are available and can help prevent these complications.

PSI Can Help

Postpartum Support International (PSI) can connect you with the support and help you need. Whether it’s simply talking with others who have been where you are or finding a professional who can provide treatment, PSI is there for you. For 35 years, we’ve provided resources and programs to help give new families the strongest and healthiest start possible. (Turn this sheet over to learn more about our programs.)

postpartum.net

Perinatal Mental Health Disorders

Anxiety Disorders

Perinatal period includes pregnancy, post-loss, and the postpartum.

Major Depressive Disorder

Symptoms may include feelings of anger, sadness, fatigue, lack of interest in your baby, changes in eating and sleeping habits, trouble concentrating, and sometimes even thoughts of hurting your baby or yourself.

Bipolar Mood Disorders

Many people are diagnosed for the first time with bipolar depression or mania during pregnancy or afterward. A bipolar mood disorder can appear as severe depression.

Perinatal Psychosis

Symptoms may include the inability to think, seeing images or hearing voices that others can’t. You may believe things that aren’t true and distrust those around you or have periods of confusion, mania, depression, or memory loss. This condition is uncommon but dangerous, so it is important to seek professional help immediately.

Obsessive Compulsive Disorder (OCD)

Symptoms may include repetitive, upsetting, and unwanted thoughts or mental images (obsessions).

PTSD

Symptoms may include feelings of anger, sadness, fatigue, lack of interest in your baby, changes in eating and sleeping habits, trouble concentrating, and sometimes even thoughts of hurting your baby or yourself.

It’s Important to get the support and help you need.

PSI Programs

PSI offers a wealth of resources for a wide range of needs, situations, and audiences. Our key programs for affected individuals and families include:

- > **PSI Helpline**, a toll-free phone number 1-800-944-4773 anyone can call for basic information, support, and resources. Support via text message is also available at 800-944-4773 and 971-203-7773 (Spanish).
- > **Peer Support**, over 30 Online Support Groups available five days a week, a Peer Mentor Program that pairs in-challenge individuals with a trained volunteer who has also experienced and fully recovered from a PMH disorder.
- > **Chat with an Expert**, facilitated by licensed mental health professionals, these sessions provide an opportunity to seek general information about PMH disorders from a PSI expert.
- > **Online Provider Directory** (psiintroxy.net) that helps individuals and families quickly and easily connect with qualified perinatal mental health providers in their area.

Call the PSI Helpline at 1-800-944-4773 (English and Spanish) or visit postpartum.net

PSI

UNA DE CADA 5 MADRES

experimenta depresión o ansiedad durante el embarazo o el posparto.

No estas solo. Estamos aquí para ayudar.

LLAMA: 800.944.4773, OPCIÓN Nº 1

O ENVÍA UN MENSAJE DE TEXTO: 971.203.7773

Para obtener información, apoyo y recursos, deja un mensaje confidencial en cualquier momento, y un voluntario formado y atento te devolverá la llamada o el mensaje de texto.

Postpartum Support International | [Postpartum.net/en-espanol/](https://postpartum.net/en-espanol/)

Folletos de PSI





POSTPARTUM SUPPORT INTERNATIONAL



Trastornos de la Salud Mental Perinatal

Etapa perinatal: se refiere a cualquier tiempo durante el embarazo y el primer año de posparto o puerperio.

Depresión (DPP)	Ansiedad (APP)	Trastorno de pánico	Trastorno Obsesivo Compulsivo (TOC)	Trastorno de estrés posttraumático	Trastorno Bipolar	Psicosis perinatal
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Síntomas

- Tener sentimientos de culpa, vergüenza y desesperación
- Tener sentimientos de enojo, ira, irritabilidad, miedo o pensamientos no deseados
- No tener interés en el bebé o tener dificultad para apegarse al bebé
- Falta de interés, alegría, o placer en hacer cosas que solías hacer
- Interrupción en el sueño y el apetito
- Estar llorando y tener tristeza, preocupación constante o pensamientos acelerados
- Tener síntomas físicos incluyendo mareos, bochornos, y náusea
- Tener posibles pensamientos de lastimar a tu bebé o a ti misma

Factores de Riesgo

- Tener antecedentes de episodios de depresión, ansiedad, historial de depresión, ansiedad, o TOC
- Tener desequilibrios en la tiroides, diabetes, o trastornos endocrinos
- Falta de apoyo de la familia o amigos
- Complicaciones en el embarazo o en el parto, infertilidad, aborto espontáneo o pérdida infantil
- Síndrome premenstrual
- Estrés financiero o pobreza
- Detener la lactancia repentinamente
- Tener antecedentes de abuso
- Haber tenido un embarazo no planeado o deseado

Opciones de Tratamiento

- Consejería
- Ejercicio
- Terapia de luz
- Medicamento
- Rutina saludable de sueño
- Yoga
- Apoyo social de alguien más
- Dieta saludable
- Técnicas de relajación

<https://www.postpartum.net/en-espanol/recursos-depresion-posparto/>

For Parents

For Providers

PSI POSTPARTUM SUPPORT INTERNATIONAL

We Can Help with Perinatal Mental Health

Having a baby is supposed to be an amazing experience—the best moment of your life. Everyone says, “You must be so happy!”

But what if you’re not? What if you’re depressed, anxious, or overwhelmed? What if your partner or friends are worried about you, but you just don’t know how to talk about it?

You’re not alone. Postpartum Support International can help you get better.



Ask Yourself

- Are you feeling sad or depressed?
- Do you feel more irritable or angry with those around you?
- Are you having difficulty bonding with your baby?
- Do you feel anxious or panicky?
- Are you having problems with eating or sleeping?
- Are you having upsetting thoughts that you can’t get out of your mind?
- Do you feel as if you are “out of control” or “going crazy”?
- Do you feel like you never should have become a parent?
- Are you worried that you might hurt your baby or yourself?

Any of these symptoms, and many more, could mean that you have a perinatal mental health disorder.

The good news is that you can get treatments that will help you feel like yourself again. There is no reason to continue to suffer. Go to postpartum.net for more information.

postpartum.net

PSI Can Help

Postpartum Support International (PSI) can connect you with the support and help you need. Whether it’s simply talking with others who have been where you are or finding a professional who can provide treatment, PSI is there for you. For 35 years, we’ve provided resources and programs to help give new families the strongest and healthiest start possible. (Turn this sheet over to learn more about our programs.)

1 in 5 women and 1 in 10 men experience depression or anxiety during the perinatal period.

PSI POSTPARTUM SUPPORT INTERNATIONAL

Your Partner in Perinatal Mental Health

If you work in mental health, maternal health, or an affiliated profession, you most likely have patients or clients who experience perinatal mental health (PMH) disorders. A frequent complication of childbearing, they affect 800,000 people a year in the U.S.

But are you confident that you can recognize and diagnose them? Do you feel comfortable treating these patients—or know which specialists you can refer them to?

Postpartum Support International (PSI) can help. We have a wide variety of resources and training programs designed to improve understanding and care.

A Widespread Problem. A Proven Partner.

Perinatal mental health (PMH) disorders can appear anytime during pregnancy, post-loss, and 12 months after postpartum. In the U.S., one in five mothers and one in ten fathers experience postpartum depression. PMH disorders affect people of every age, race, ethnicity, income, and culture.

PMH disorders include depression, anxiety, obsessive-compulsive disorder, post-traumatic stress disorder, bipolar mood disorders, and psychosis.

Left untreated, PMH disorders can lead to premature or underweight births, impaired parent-child bonding, and learning and behavior problems later in childhood. They can even raise the risk of maternal mortality. The good news is that support and resources are available and can prevent these complications.



We have trained **MORE THAN 40,000** providers like you.

ONLY 25% of those impacted are identified and receive treatment.

PSI and You

PSI helps train and certify professionals who support families during pregnancy, pregnancy loss, and the postpartum period. From on-demand resources such as a psychiatric consult line, an online provider directory, and educational webinars and videos, to specialty trainings and the first-ever PMH certification, PSI is your partner in advancing knowledge and improving care.

Summaries of our key programs are on the back. More information is available at postpartum.net

postpartum.net

About PSI



POSTPARTUM SUPPORT INTERNATIONAL

Overview



The Global Champion for Perinatal Mental Health

Perinatal mental health (PMH) disorders are the most frequent complication of childbearing and the top underlying cause of pregnancy-related deaths in the United States. They can have a huge impact on individuals, families, and society as a whole—but too often are unrecognized, undiagnosed, and untreated, leaving hundreds of thousands of people each year to suffer in silence.

For 35 years, Postpartum Support International (PSI) has been leading the global effort to improve awareness and treatment of PMH disorders and connect people with the care they need. We work in over 50 countries to connect experts and patients, to boost scientific knowledge and emotional understanding, and to develop and deliver effective interventions.

PMH Disorders: A Serious and Widespread Problem

Perinatal mental health disorders can appear anytime during pregnancy and the first 12 months after childbirth—the perinatal period. They affect people of every age, race, ethnicity, income, and culture.

PMH disorders include perinatal depression, anxiety, obsessive compulsive disorder, post-traumatic stress disorder, bipolar mood disorders, and psychosis. Left untreated, they can lead to learning and behavioral problems in children, premature or underweight births, impaired parent-child bonding, and an increase in maternal mortality.

The good news is that support and resources are available and can help prevent these complications.

Stark Statistics

- ONLY 25% of those impacted are identified and receive treatment.
- PMH DISORDERS AFFECT 800,000 people a year.
- 1 in 5 women and 1 in 10 men experience depression or anxiety during the perinatal period.

A Champion for Change

PSI works to end the stigma and silence around PMH disorders by raising public awareness, advancing scientific expertise, and providing emotional and logistical support. In partnership with our dedicated global staff, volunteers, members, and affiliated organizations, we:

- connect individuals and families with a wealth of support services and resources;
- train health professionals to better recognize and treat PMH disorders; and
- advocate for policies and programs that advance perinatal mental health.

postpartum.net

PMH Flyer

PSI POSTPARTUM SUPPORT INTERNATIONAL

Trastornos de la Salud Mental Perinatal

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- Dieta saludable
- Terapia de luz
- Yoga
- Técnicas de relajación

PSI POSTPARTUM SUPPORT INTERNATIONAL

Perinatal Mental Health Disorders

Perinatal: Anytime during pregnancy and postpartum



Depression (PPD)	Anxiety (PPA)	Panic Disorder	Obsessive Compulsive Disorder (OCD)	Postpartum PTSD	Bipolar Disorders	Perinatal Psychosis
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Symptoms

- Feelings of guilt, shame or hopelessness
- Feelings of anger, rage, or irritability, or scary and unwanted thoughts
- Lack of interest in the baby or difficulty bonding with the baby
- Loss of interest, joy or pleasure in things you used to enjoy
- Disturbances of sleep and appetite
- Crying and sadness, constant worry or racing thoughts
- Physical symptoms like dizziness, hot flashes, and nausea
- Possible thoughts of harming the baby or yourself

Risk Factors

- History of depression, anxiety, or OCD
- Thyroid imbalance, diabetes, endocrine disorders
- Lack of support from family and friends
- Pregnancy or delivery complications, infertility, miscarriage or infant loss
- Premenstrual Syndrome (PMS)
- Financial stress or poverty
- Abrupt discontinuation of lactation
- History of abuse
- Unwanted or unplanned pregnancy

Treatment Options

- Counseling
- Medication
- Support from others
- Exercise
- Adequate sleep
- Healthy diet
- Bright light therapy
- Yoga
- Relaxation techniques

Postpartum Support International | Postpartum.net
 Call the PSI HelpLine at 1-800-944-4773 (English and Español) or Text/Texto "Help" to 800-944-4773 (English) or 971-203-7773 (Español).
 Download [Connect by PSI](#) in your app store for Mental Health support and resources.

June 2024

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 Page:** <https://www.facebook.com/PostpartumSupportInternational/>
- **PSI Facebook Closed Group:** www.facebook.com/groups/25960478598/
- **X (twitter):** <https://x.com/PostpartumHelp>
- **Instagram:** <https://www.instagram.com/postpartumsupportinternational/>
- **TikTok** <https://www.tiktok.com/@postpartumhelp>
- **Vimeo:** <https://vimeo.com/postpartumsupport>
- **YouTube Channel:** <https://www.youtube.com/user/postpartumvideo>
- **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:

Instagram: https://www.instagram.com/psi_alianzaenespanol/

Facebook: <https://www.facebook.com/psialianzaenespanol/about>

Closed Spanish FB group: <https://www.facebook.com/groups/595053181756279>

Videos



- **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

[Training | Postpartum Support International \(PSI\)](https://www.postpartum.net/training/)

<https://www.postpartum.net/training/>

- **PSI and Policy Center 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/>
- **Medical 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/

Perinatal Loss: Clinical and Supportive Care

[Perinatal Loss: Clinical and Supportive Care - Postpartum Support International \(PSI\)](https://www.postpartum.net/training/perinatal-loss-clinical-and-supportive-care/)

www.postpartum.net/training/perinatal-loss-clinical-and-supportive-care/

- This comprehensive perinatal loss training for birth workers, therapists, nurses, and other psychotherapy and medical providers. This course takes you into the world of perinatal loss, inclusive of miscarriage, stillbirth, complex congenital anomalies, and pregnancy decision making.
- Participants will explore trauma-informed strategies, clinical techniques, and practical interventions to support bereaved parents, families, and providers impacted by loss.
- Due to the sensitive nature of the subject matter, we kindly ask that you do not bring babies or children to this training.

Paternal Perinatal Mental Health

[Foundations in Paternal Perinatal Mental Health - Postpartum Support International \(PSI\)](#)

www.postpartum.net/training/paternal-perinatal-mental-health/

- PSI's Foundations in Paternal Perinatal Mental Health presents you with key information regarding paternal perinatal mental health with an emphasis on psychosocial dynamics and evidence-based interventions with fathers.
- Psychotherapists, medical providers, and allied birth professionals will gain valuable knowledge of the key psychological, interpersonal, and systems-level factors related to fathers as they navigate the transition to parenthood.
- Participants will learn to apply intersectional, multicultural, and gender-sensitive approaches to psychotherapy, screening, case conceptualization, and treatment planning with fathers via interactive lecture, multimedia demonstrations, and discussions of case studies.

PMH 101

<https://www.postpartum.net/training/mmh-online-webinar/>

- Learn about the various Maternal Mental Health Disorders, the differences between them, risk factors, and treatment options. The course is designed for providers, administrators, and public health employees, though all are welcome. CEUs/CMEs are not available for this event.
- All webinars are scheduled on Thursday mornings from 10:30 am - 12:00 noon PT.
- RSVP for one of the sessions. You will be sent instructions with the webinar link after registering.

www.postpartum.net/professionals/psi-conference



Save the Date!

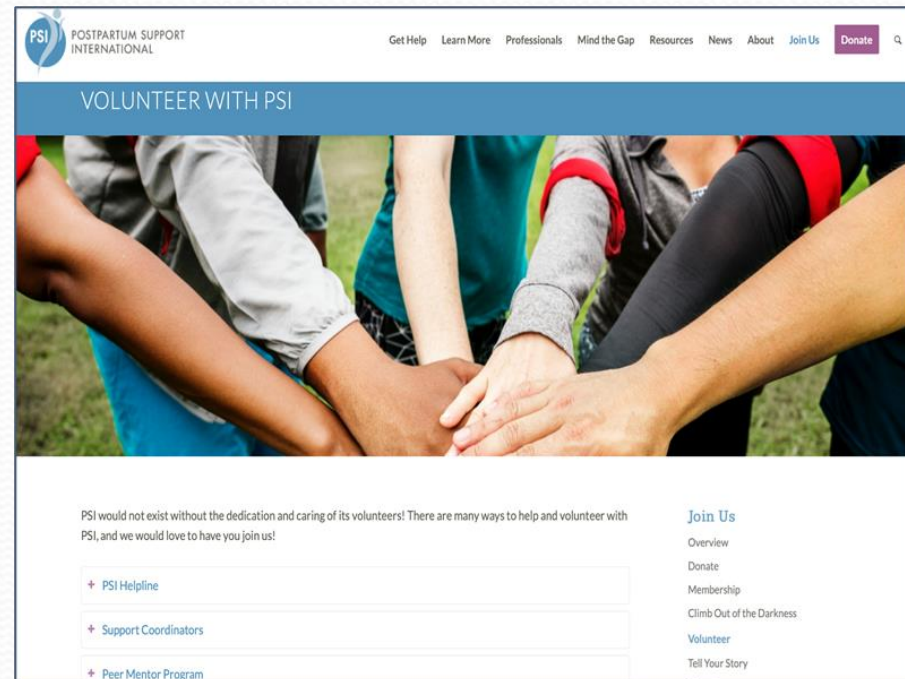


July 9-13, 2025 | New Orleans

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 Membership

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

PSI Members are around the world, in a wide range of professions: Therapists, midwives, doulas, psychiatrists, psychologists, lactation consultants, PAs, NPs, OTs, pediatricians, researchers, students, and more. All are welcome and valued.

Do you refer help-seekers to PSI for free peer-support services? Membership is a way to further strengthen the support network, both financially and by engaging with other members in our learning/sharing community.

- Join as an individual or as part of an organization/company group
- Tiered for financial accessibility; same benefits at all levels
- Forum/listserv groups and virtual peer-consultation groups for providers
- Discounts on PSI trainings & conference registration
- Connection with PSI's PMHA-POC program and Chapters
- Discounts with our partners

(Training discounts with Mass. General Hospital Ctr for Women's Mental Health and other CE partners; membership discounts with ADAA, NPA, & NPSW; and more.)

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.

Peer Consultation groups for:

- **Mental health providers** (in English and in Spanish, and a group for BIPOC providers)
- **Prescribers** (facilitated by reproductive psychiatrists)
- Stay tuned for additional groups in development, including one for **doulas!**

Become a PSI Member!



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

PSI Bridges the Gap



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