

PMH 101

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

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POLICY CENTER
FOR Maternal Mental Health™

Retired (2018) Coordinator, Perinatal Mood Disorders Program

Indiana University Health, Indianapolis, IN



Indiana University Health

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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)



Birth Trauma Support for Black, Indigenous, People of Color (BIPOC) Birthers

4th Wednesdays at 7:30 PM EST / 4:30 PM PST
Begins March 22, 2023

Led by trained peer facilitators, this group is for any Black, Indigenous, Person of Color (BIPOC) who has experienced trauma (mental and/or physical) during childbirth. Did you feel unsupported during childbirth? Did you feel unheard or felt a loss of control? Have you been grieving your birth experience? You deserve support. BIPOC birthers can also experience trauma related to racism, discrimination, oppression, and specific cultural views and beliefs. This group is a place to discuss these experiences with other BIPOC birthers and facilitators. You can be at any point post-delivery, from 1-week to many years. This group is specifically focused on birth trauma and connecting with others, so you can know that you are not alone, and you are not to blame. While your story has so much value, in this space we will not explore birth story details as they could be triggering to others.

Postpartum Support International
800-944-4773 | postpartum.net



Postpartum Support International
800-944-4773 | postpartum.net

Birth Trauma Support

View Schedule & Register:
bit.ly/FindSupportGroup

Led by trained peer facilitators, this group is for any birthing person who has experienced trauma (mental and/or physical) during childbirth. Birth trauma is based on your perception of the experience, and no formal diagnosis is needed to join this group. Some common symptoms, but not all, that can occur after birth trauma are upsetting memories, avoiding talking about the event, and having negative thoughts/feelings about the event. You can be at any point post-delivery, from 1-week to many years. While your story has so much value, in this space we will not explore birth story details as they could be triggering to others. In this group, we will discuss the effects of trauma, our emotions, and coping skills.

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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.

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 | 800.944.4773 | [@postpartumsupportinternational](https://www.instagram.com/postpartumsupportinternational)

Bipolar Support for Perinatal

(PREGNANCY AND POSTPARTUM)
MOMS AND BIRTHING PEOPLE

Our perinatal (pregnancy & postpartum) bipolar support group for moms and birthing people is here to help those navigating symptoms of bipolar, like depression (lows) and mania (highs). Our online groups are here to help you connect with others, talk about your experience, and learn about helpful tools and resources. You do not have to have an official diagnosis to attend the group. These groups are led by PSI-trained support group leaders who have lived experience and/or professional experience. They understand the emotional challenges of pregnancy and postpartum as a mom or birthing person living with bipolar disorder. Our groups are conducted using a peer-to-peer support model, and are not intended for those experiencing a mental health crisis.

Please reach out to the National Suicide Prevention Lifeline (1-800-273-8255) if you are in need of crisis support. You are not alone. We are here to help.



View Schedule & Register: bit.ly/FindSupportGroup



Postpartum Support International | www.postpartum.net | 800.944.4773

BIPOLAR SUPPORT FOR *Perinatal* *Moms & Birthing People*

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



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

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@psi_alianzaen espanol

Encuentro

SOBREVIVIENTE PP Y DESORDEN BIPOLAR



**SEGUNDO JUEVES
DE CADA MES**



**8:00 PM
HORA NY**

**Evento Online,
Confidencial y
Gratuito.**



Postpartum Support International en Español
800-944-4773 | postpartum.net

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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



Pregnancy & Postpartum Psychosis

PPP Awareness Day



Held the First Friday in May

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

Virtual Rounds at the CWMH - MGH Center for Women's Mental Health (womensmentalhealth.org)

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

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/

PP/PPP Taskforce

- PSI's Perinatal Psychosis Taskforce is a group of individuals with both learned and lived experience, whose mission is to support those affected by perinatal psychosis through advocacy, education, and community building.
- <https://www.postpartum.net/about-psi/perinatal-psychosis-task-force/>



Online Support Group

Perinatal & Postpartum Psychosis

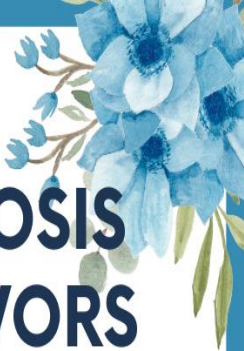
7:30 PM ET / 4:30 PM PT

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





PREGNANCY AND POSTPARTUM PSYCHOSIS SUPPORT FOR SURVIVORS (MOMS & BIRTHING PEOPLE)

We invite those who are no longer in active psychosis and in recovery to join for support, so that you can experience connection and support from other Pregnancy and Postpartum Psychosis (PPP) Survivors. This group is intended for those who are in recovery (no longer experiencing psychosis). Because PPP occurs less often than other perinatal mood disorders, survivors can go their whole lives without meeting another PPP survivor. In response, PSI has created an online peer-to-peer support group for PPP survivors. Like so many mental health emergencies, symptoms and individuals vary greatly, but PPP is generally marked by a loss of touch with reality. This can include symptoms such as mania, hallucinations, paranoia, and/or delusions. If you are looking for more information on PPP, please visit this webpage. Whether your PPP experience was relatively recent or years ago, you are welcome to attend our free, online peer-to-peer support group. Our online groups are here to help you connect with other parents, talk about your experience, and learn about helpful tools and resources. If you are still experiencing psychosis or a mental health emergency, we encourage you to reach out to 988.



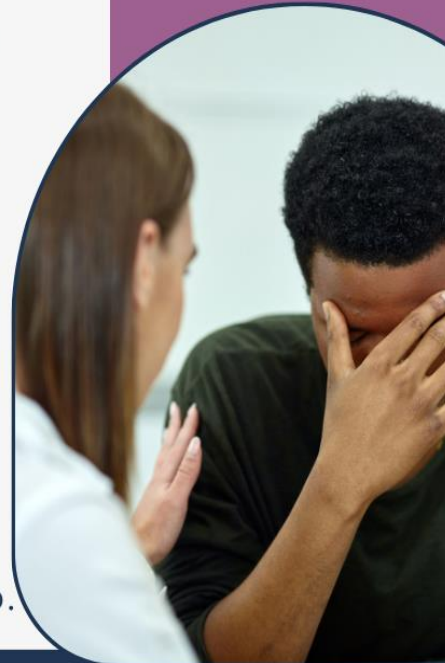
View Schedule & Register:
bit.ly/FindSupportGroup



Postpartum Support International | www.postpartum.net | 800.944.4773

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

Perinatal and postpartum psychosis impacts the entire family. Supporting your loved one through a mental health crisis is taxing and you also deserve support. Led by PSI-trained facilitators, this group helps family members find support for themselves as well as provides useful information and resources to help them navigate their loved one's experience with PPP. Whether your family's PPP experience was relatively recent or occurred years ago, you are welcome to attend our free, online peer-to-peer support group.



VIEW SCHEDULE & REGISTER:
bit.ly/FindSupportGroup

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



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



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



Postpartum Support International

Postpartum Planning Class

1st and 3rd Wednesday of Each Month



Is your family growing, and you're interested in learning how to prepare for the postpartum period? Join us for a 2-hour Postpartum Planning class for 2nd & 3rd trimester expecting parents. We welcome moms, birthing people, non-gestational parents, partners, couples, and single parents. Unlike most birth and postpartum classes, the intended focus is on the parents' emotional well-being during the postpartum period. The class will include education, discussion, a review of a postpartum plan, and resources. The main topics covered will be postpartum physical recovery, partner support, self-care, support networks, lactation and emotional well-being, and perinatal mood and anxiety disorders.

Scan here for more information!



...: Learning Stream :...

This class will meet virtually and is a free opportunity.

A Zoom invitation will be sent prior to class. Please check your email for the class information and email or call the office prior to class start if you did not receive the Zoom invitation.

You have a birth plan, but do you have a postpartum recovery plan?

Your mental, emotional and physical healing after your delivery is just as important as you take on the new challenges of motherhood.

Join us in this class to learn the process that occurs in the '4th trimester' and set yourself up for a successful postpartum recovery by recognizing early signs of common postpartum issues and knowing where to find local support, learn about pelvic floor health, how to exercise without causing injury, simplifying your life techniques and more...

Guest speakers from the IU Health North Physical Therapy Department will be joining us to discuss pelvic floor health. Birdie Gunyon Meyer, is an RN with a Master's Degree in Psychology and Counseling, will be discussing Postpartum Mood Disorders and Cindy Love RN MSN CPNP will be discussing support groups options after delivery.

Couples are welcome to join this class during pregnancy or during the first few months postpartum.

For questions, call the IU Health North Childbirth Education office, (317) 688-2465 or email: cnchildbirthedu@iuhealth.org

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)

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

- | | |
|----------------------------------------------------------------|--------------------------------------------------------|
| <input type="checkbox"/> History of depression or anxiety | <input type="checkbox"/> Birth of multiples |
| <input type="checkbox"/> History of bipolar disorder | <input type="checkbox"/> Baby in the NICU |
| <input type="checkbox"/> History of psychosis | <input type="checkbox"/> Relationship issues |
| <input type="checkbox"/> History of diabetes or thyroid issues | <input type="checkbox"/> Financial struggles |
| <input type="checkbox"/> History of PMS | <input type="checkbox"/> Single mother |
| <input type="checkbox"/> History of sexual trauma or abuse | <input type="checkbox"/> Teen mother |
| <input type="checkbox"/> Family history of mental illness | <input type="checkbox"/> No or little social support |
| <input type="checkbox"/> Traumatic pregnancy or delivery | <input type="checkbox"/> Away from home country |
| <input type="checkbox"/> Pregnancy or infant loss | <input type="checkbox"/> 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

Perinatal Mental Health Discussion Tool

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| <input type="checkbox"/> History of diabetes or thyroid issues | <input type="checkbox"/> Financial struggles |
| <input type="checkbox"/> History of PMS | <input type="checkbox"/> Single mother |
| <input type="checkbox"/> History of sexual trauma or abuse | <input type="checkbox"/> Teen mother |
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www.postpartum.net

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All Discussion Tools

Discussion Tools/Herramientas de Discusión |
Postpartum Support International (PSI)

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**



Suicide Safe
A free mobile app for health care providers.

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

PSI Motto

- **You are not alone (validation)**
 - Other mothers experience this
 - Connection and support will help you
- **You are not to blame (reassurance)**
 - This is not something you caused
 - This is not a reflection of your ability as a mother (or father)
- **With help, you will be well (hope)**
 - All symptoms are treatable
 - It is a sign of strength to reach out
 - It will get easier



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
- 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



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	Gestational Surrogates & Intended Parents	Perineal Tear
Adoptive Parents	Grandparents	Post Abortion
Advanced Maternal Age	Hard of Hearing/deaf Parents	Postpartum Psychosis
Babies with Special Needs	Hindu Parents	Preeclampsia & Long-Term Complications
Bed Rest	Hyperemesis Gravidarum	Pregnancy and Infant Loss
Birth Mothers	LGBTQIA+	Pregnancy and Infant Loss: Early Loss & Pregnancy After Loss
Birth Trauma	Maternal Near Miss	Pregnancy and Infant Loss: Stillbirth
Breast-/Body-Feeding Challenges	Military Parents (each branch)	Pregnancy Termination for Medical Reasons
Christian Parents	Multiples, Parents of	PTSD
Dads	Muslim Parents	Single/Co-parents
Disabled Parents	Neurodivergent Parents	South Asian Parents
Eating Disorders	NICU Parents	Teen/Young Adult Parents
Fertility Challenges	OCD, Parents with	Unplanned C-Section
Foster Parents	Orthodox Jewish Parents	

International Support

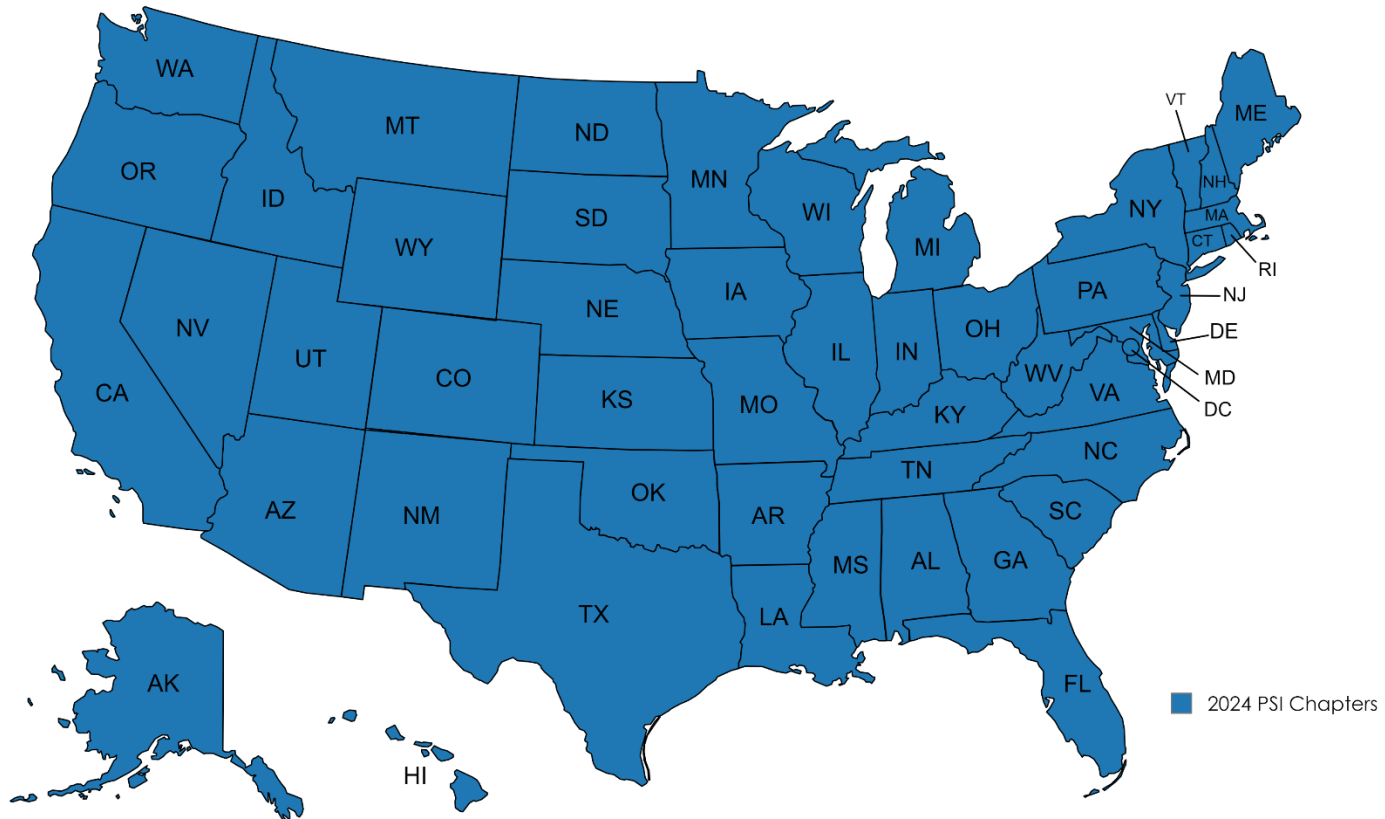
- List of PMH-focused Organizations on PSI website
- International Volunteers and PSI Team assist parents to find local resources

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

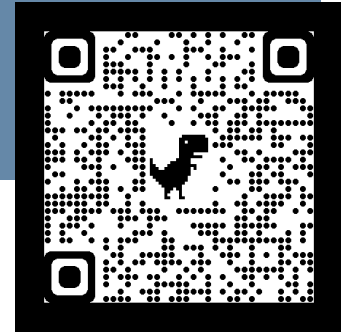
chapters@postpartum.net

<https://psichapters.com/>



PSI Provider Directory

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



**PSI
PERINATAL
PROVIDER
DIRECTORY**

START YOUR FREE LISTING TODAY!

Postpartum Support International | www.postpartum.net | 800.944.4773

Share with Families
+
List Your Practice

US and Canada
Providers apply and
approved by PSI

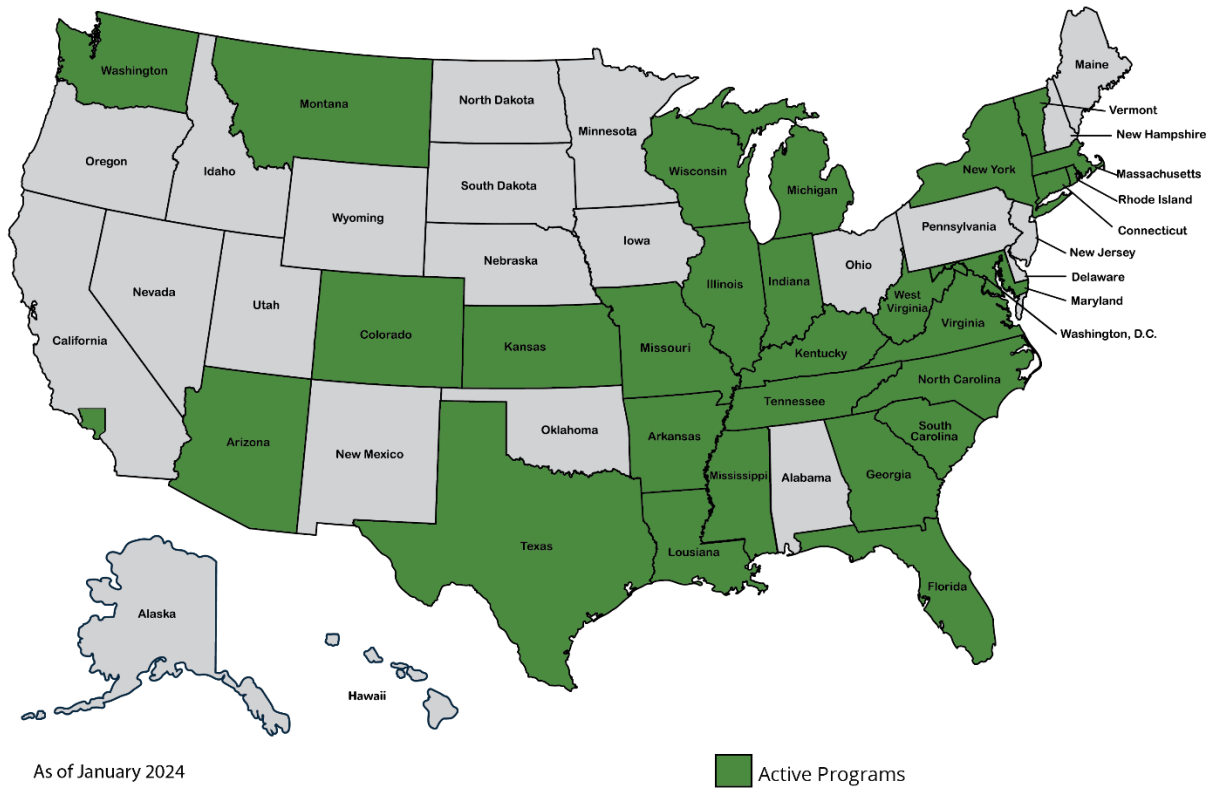
Integrated with PSI
Support Network

Psychotherapists
Psychiatry
Physicians
Support Groups
PMH-Cs

(c) 2025 Postpartum.net

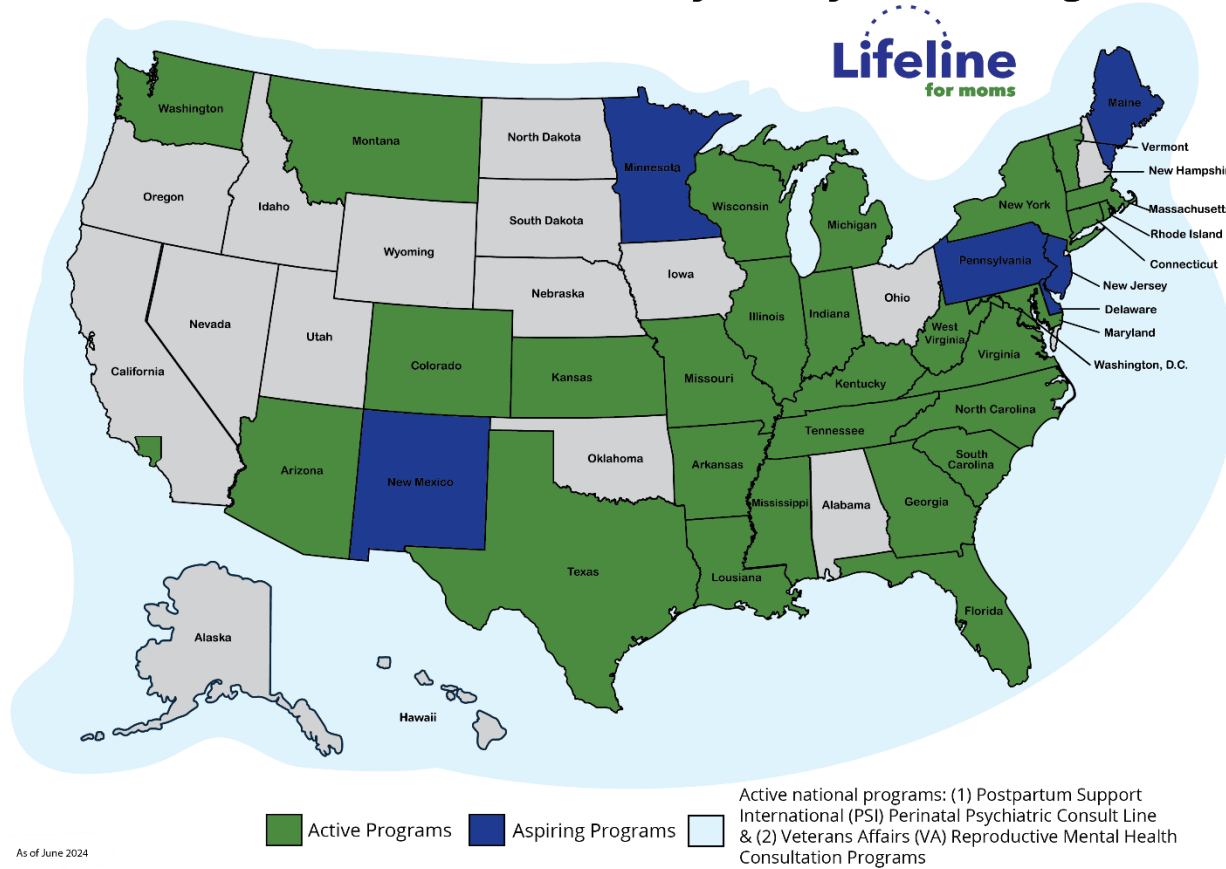


There are 29 statewide and regional Perinatal Psychiatry Access Programs with the potential to cover 2.5 million or 68% of the 3.7 million births in the US

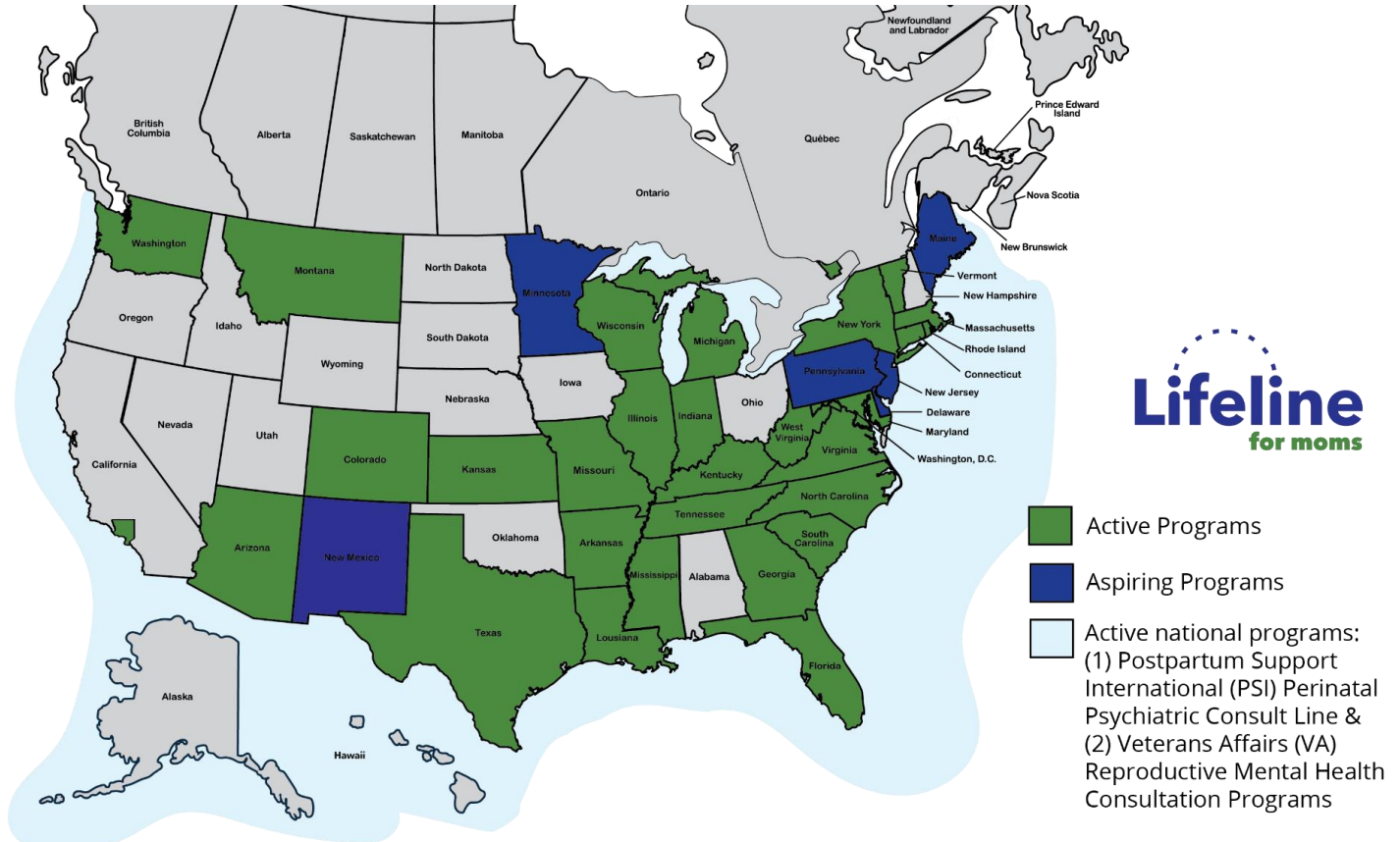


These and other Access Programs have come together as a network

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



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

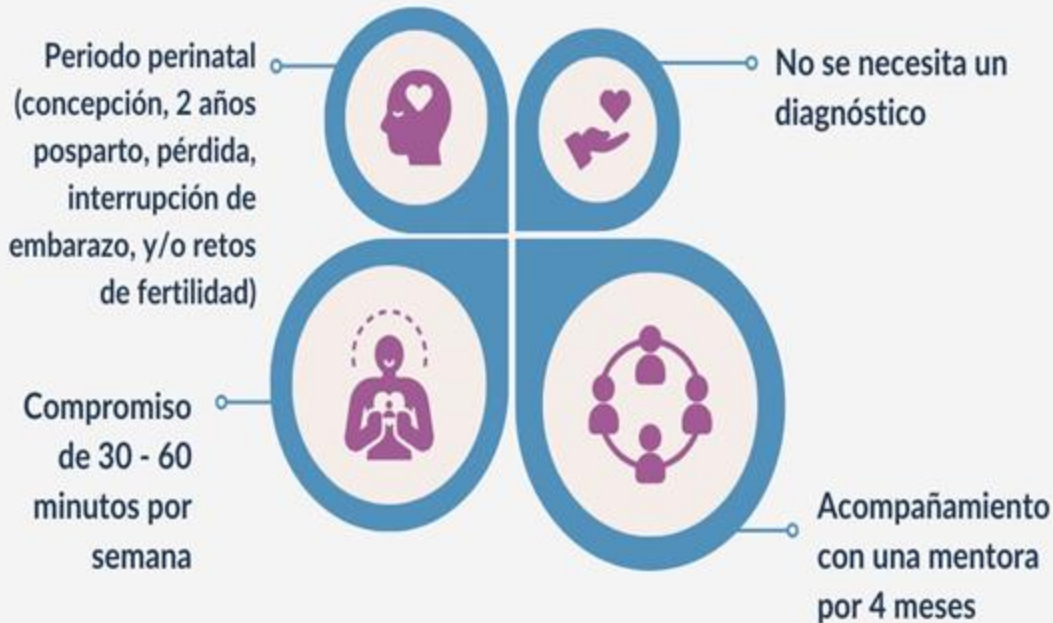
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PROGRAMA APOYO DE **PARES**

En este programa una par es emparejada con una mentora sobreviviente y recibe apoyo durante la etapa de recuperación



**Spanish language
peer mentor program**



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>

Closed FB Loss Group

Postpartum Support
International

PREGNANCY, STILLBIRTH, & INFANT LOSS SUPPORT

Call the PSI HelpLine: [1-800-944-4773](tel:1-800-944-4773)

#1 En Español or #2 English

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

Text en Español: 971-203-7773

**The PSI HelpLine does not handle emergencies.*

*People in crisis should call their local emergency number
or the Suicide & Crisis Lifeline at 988.*



www.postpartum.net

Closed Facebook group in Spanish



*No tienes la culpa de nada,
con ayuda te sentirás mejor*



ENCUENTROS
DE APOYO



APOYO DE
PARES



LÍNEA
CÁLIDA



RECURSOS
ESPECIALIZADOS



RECURSOS
PARA PROFESIONALES

GRUPO DE APOYO (PSI en Español)

🔒 Private group · 428 members

Join group



About

Discussion

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 Apoyo 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)
- **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.

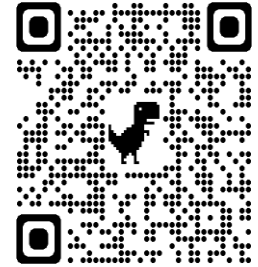
*This service is available for
medical providers only.*



(c) 2025 Postpartum.net



The Alliance for People of Color



Vision: To expand the access and increase the capacity of perinatal professionals to better support individuals, families, and communities of color around perinatal mood and anxiety disorders.



www.Postpartum.net/perinatal-mental-health-alliance-for-people-of-color/

(c) 2025 Postpartum.net



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

1 IN 7 MOTHERS
experience depression or anxiety during pregnancy or postpartum.

You are not alone. We are here to help.

CALL OR TEXT 'HELP' - 800.944.4773

Leave a confidential message any time, and a trained and caring volunteer will return your call or text. Our volunteers will listen, answer questions, offer encouragement, and connect you with local resources as needed.

Postpartum Support International | www.postpartum.net

UNA DE CADA 7 MADRES
experimenta depresión o ansiedad durante el embarazo o el postparto.

No estás sola. Estamos aquí para ayudarte.

**LLAMADA: 800.944.4773, #1
O TEXTO: 971.203.7773**

Deje un mensaje confidencial en cualquier momento y un voluntario capacitado y atento le devolverá la llamada o el mensaje de texto. Nuestros voluntarios escucharán, responderán preguntas, ofrecerán aliento y lo conectarán con recursos locales según sea necesario.

Postpartum Support International | www.postpartum.net

1 IN 10 FATHERS
experience depression or anxiety after the birth of a child.

You are not alone. We are here to help.

CALL OR TEXT 'HELP' - 800.944.4773

Leave a confidential message any time, and a trained and caring volunteer will return your call or text. Our volunteers will listen, answer questions, offer encouragement, and connect you with local resources as needed.

Postpartum Support International | www.postpartum.net

1 DE CADA 10 PADRES
Si, los papas también pueden estar deprimidos y ansiosos después del nacimiento de un bebé.

No estás solo. Estamos aquí para ayudarte.

**LLAMADA: 800.944.4773, #1
O TEXTO: 971.203.7773**

Deje un mensaje confidencial en cualquier momento y un voluntario capacitado y atento le devolverá la llamada o el mensaje de texto. Nuestros voluntarios escucharán, responderán preguntas, ofrecerán aliento y lo conectarán con recursos locales según sea necesario.

Postpartum Support International | www.postpartum.net

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.

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

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.

Perinatal Mental Health Disorders

Depression

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

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

at Anxiety may include extreme worries and fears, overthinking, and health and safety of your baby. You may have panic attacks, which can include racing heart, dizziness, numbness, tingling, and a feeling of losing control.

at Obsessive Compulsive Disorder (OCD) Symptoms may include repetitive, upsetting, and unwanted thoughts or mental images (obsessions).

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 children in need 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 visit general information about PMH disorders from a PSI expert.
- > **Online Provider Directory** (psidirectory.net) that helps individuals and families quickly and easily connect with qualified perinatal mental health providers in their area.

and/or the need to avoid triggers to certain things over and over (compulsions).

at Postpartum Post-Traumatic Stress Disorder This is often caused by a traumatic or frightening childbirth or past trauma. Symptoms may include flashbacks of the trauma with feelings of anxiety and the need to avoid things related to that event.

at 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.

at 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.

IT'S IMPORTANT
to get the support and help you need.



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



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/)

(c) 2025 Postpartum.net



For Parents

For Providers



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?

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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

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- 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.



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 US.

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.

For 35 years, Postpartum Support International (PSI) has been a global leader in improving awareness and treatment of PMH disorders. We work in over 50 countries to connect experts and patients, boost scientific knowledge and emotional understanding, and to develop and deliver effective interventions.

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



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.

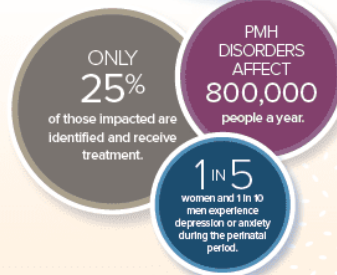
PMH Disorders: A Serious and Widespread Problem

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



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



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 postraumático	Trastorno Bipolar	Psicosis perinatal
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Síntomas

- Tener sentimientos de culpa, vergüenza y desesperación
- Tener sentimiento 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
- Medicamento
- Apoyo social de alguien más
- Ejercicio
- Rutina saludable de sueño
- Dieta saludable
- Terapia de luz
- Yoga
- Técnicas de relajación



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

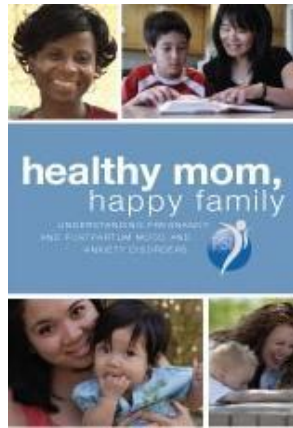
Call the PSI HelpLine at 1-800-944-4773 (English and Español) or Text/Texto "Help" to 800-944-4773 (English) or 971-203-7773 (Español).

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/
- **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**



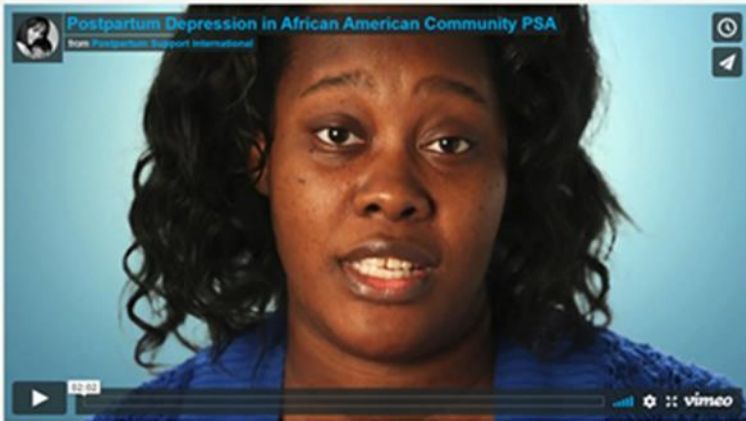
PSI Social Media

- **PSI Facebook Open Fan Page: :**
<https://www.facebook.com/PSIespanol/>
- **Grupo cerrado de Apoyo en Facebook:**
<https://www.facebook.com/groups/595053181756279>
- **PSI Instagram: @psiespanol**



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

[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 \(PSI\)](https://www.postpartum.net/training/paternal-perinatal-mental-health/)

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.

Perinatal Substance Use Disorder

One day Training

Perinatal substance use is much more common than many of us realize, even amongst clients or patients you already treat. Substance misuse is a common coping strategy for people who are struggling with mental health conditions. Nationwide, suicide and accidental overdose are leading causes of maternal mortality. Women and those with the capacity for pregnancy are most at risk for developing a substance use disorder during their reproductive years, but many maternal/child health professionals feel uncomfortable and ill-equipped in knowing how to support a pregnant or parenting client who is struggling with substance use.

This training aims to begin bridging the knowledge gap by bolstering provider knowledge base. Together, we can ensure that every maternal health and allied health professional across the United States is equipped with the data, knowledge, and skill set to recognize and effectively respond to substance use concerns during pregnancy, early parenthood, and with the birthing parent/child dyad.

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.

PSUD 101

Perinatal Substance Use Disorders 101 - Postpartum Support International (PSI)

- Join this new complementary introduction to perinatal SUD training hosted by the Policy Center, Postpartum Support International and Colorado Department of Public Health. Learn more about how to recognize and effectively respond to substance use concerns during pregnancy, early parenthood, and with the birthing parent/child dyad. Considerations related to treatment and supporting the parent-child relationship will be discussed. The training is designed for providers, administrators, and public health employees, though all are welcome.
- Given quarterly

2026 POSTPARTUM SUPPORT
INTERNATIONAL 
CONFERENCE

**YOU CAN'T MISS
PSICON2026**

in Los Angeles!





PSI Annual Conference 2026

June 24-28, 2026

Los Angeles

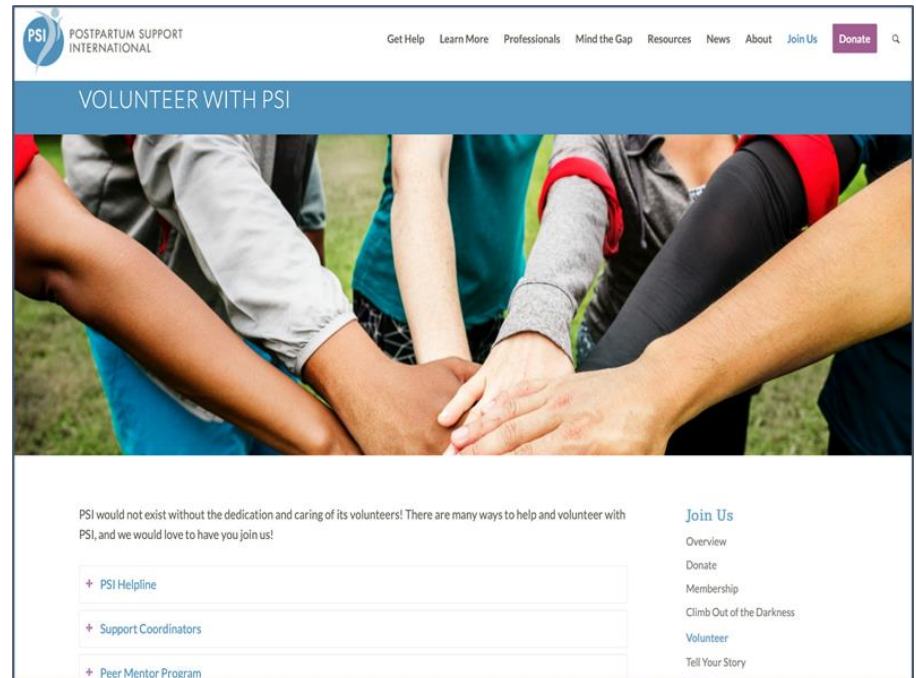
Westin Bonaventure Hotel



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



The screenshot shows the PSI website's 'Volunteer with PSI' page. The header includes the PSI logo and navigation links: Get Help, Learn More, Professionals, Mind the Gap, Resources, News, About, Join Us, and a purple Donate button. The main heading is 'VOLUNTEER WITH PSI' in a blue banner. Below this is a large image of several people's hands clasped together in a circle. The text below the image reads: '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!'. To the right of this text is a 'Join Us' section with a list of links: Overview, Donate, Membership, Climb Out of the Darkness, Volunteer, and Tell Your Story. On the left side, there are three expandable menu items: '+ PSI Helpline', '+ Support Coordinators', and '+ Peer Mentor Program'.

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, & NAPSW; 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)
- **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