

PTSD Websites

www.tabs.org.nz

www.solaceformothers.org

www.PATTCh.org

www.ican-online.org

www.homebirthcesarean.org

www.birthtraumaassociation.org.uk

www.HelpHer.org (Hyperemesis)

Maternal near miss survivors closed FB group

Action on Postpartum Psychosis (APP)

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



Understanding Bipolar Disorders

www.psycheducation.org

Jim Phelps, MD

Resources for Fathers

www.postpartumdads.org

www.postpartummen.com

www.postpartumdadsproject.org

www.bcnd.org (boot camp for dads)

www.saddaddy.com

www.babiesaloud.com

www.padrecadre



POSTPARTUM SUPPORT
INTERNATIONAL

PSI Bridges the Gap

We provide direct peer support to families, train professionals, and provide a bridge to connect them

**Support | Resources | Training
Connection**

www.postpartum.net

1-800-944-4PPD ~ 1-800-944-4773

Help Text: 503-894-9453

PSI HelpLine

- **Call** 800-944-4PPD or **Text** 503-894-9453
- Ext. 1 for Spanish and Ext. 2 for English.
- Information, support, resources, and referrals
- Messages are returned every day of the week and holidays. Callers leave a confidential message at any time, and one of the HelpLine volunteers returns the call as soon as possible. (Average response is 2-3 hours)
- **The PSI HelpLine is not a crisis hotline and does not handle emergencies. People in crisis should call their physicians, their local emergency number or the National Suicide Prevention Hotline at 1-800-273-TALK (8255).**



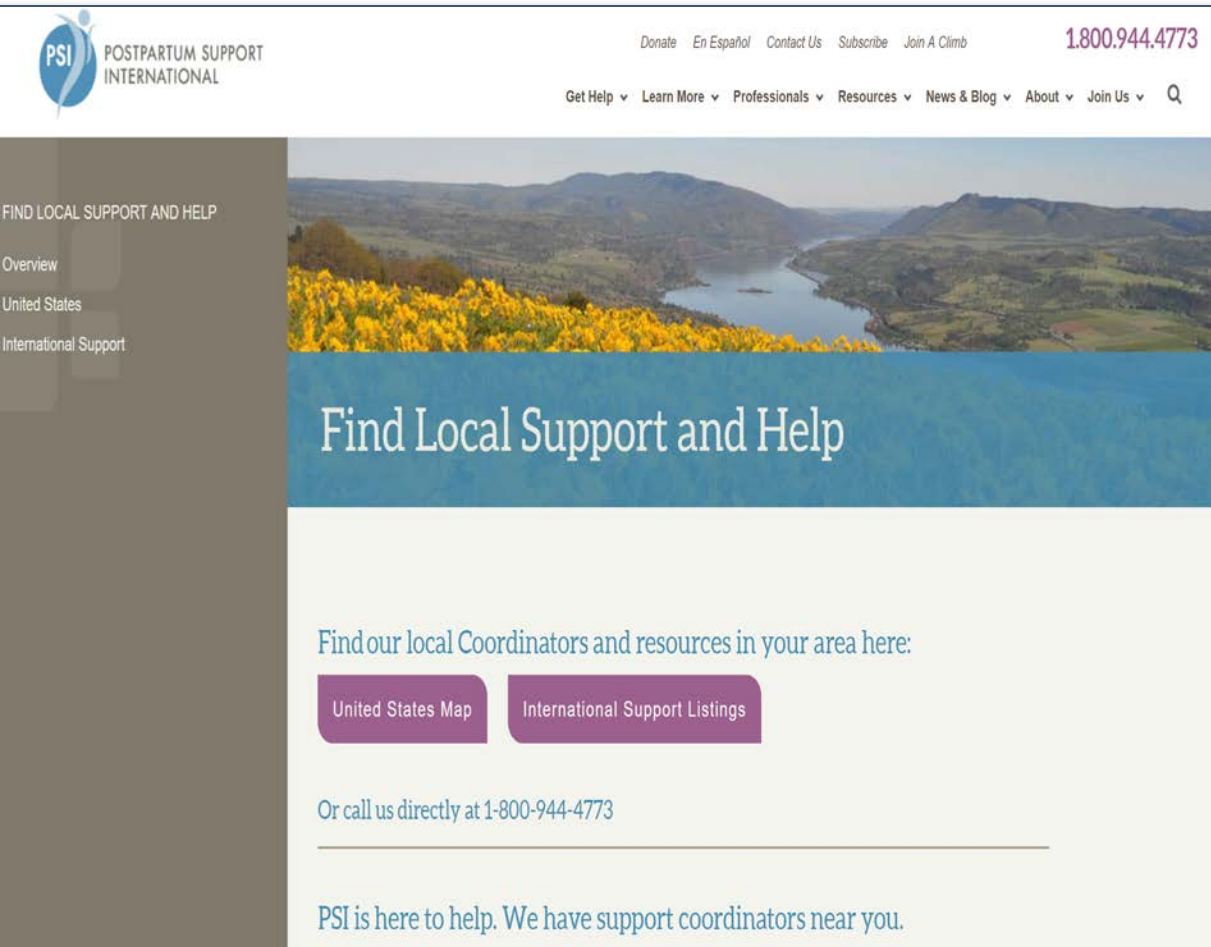
PSI Support for Families

PSI Support Coordinators

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

- Every state and more than 40 countries
- Specialized Support: military, dads, maternal near miss, postpartum psychosis
- Referrals to local providers & professionals with advanced knowledge of PMADs

Interactive Support Map



The screenshot shows the website for Postpartum Support International (PSI). The header includes the PSI logo, the text 'POSTPARTUM SUPPORT INTERNATIONAL', and navigation links: 'Donate', 'En Español', 'Contact Us', 'Subscribe', 'Join A Climb', and the phone number '1.800.944.4773'. Below the header is a navigation menu with 'Get Help', 'Learn More', 'Professionals', 'Resources', 'News & Blog', 'About', and 'Join Us', along with a search icon. The main content area features a large image of a river valley with yellow flowers in the foreground. Below the image is a blue banner with the text 'Find Local Support and Help'. Underneath the banner, there is a section titled 'Find our local Coordinators and resources in your area here:' with two buttons: 'United States Map' and 'International Support Listings'. Below the buttons, it says 'Or call us directly at 1-800-944-4773' with a horizontal line. At the bottom, it states 'PSI is here to help. We have support coordinators near you.'

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

www.postpartum.net/get-help/locations/unit-ed-states/

Climb Out of the Darkness®

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

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

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



Online Facilitated Peer Support Groups

Every Tuesday for moms
3:30 Pacific, 5:30 CT, 6:30 ET
8am PT, 10amCT, 11amET

Perfect for rural or remote
areas, moms on bedrest, busy
moms with newborns

Military Moms Group
Every Wednesday
3:30 PST, 5:30 CST, 6:30 EST

NICU Moms Group
Every Thursday
3:30PT, 5:30CT, 6:30ET



<http://www.postpartum.net> © 2019 PSI

<https://www.postpartum.net/get-help/psi-online-support-meetings/>



Spanish Language Telephone Support Group

Free, weekly support group using a toll-free conference call platform

- (844) 875-7777 (toll free) Access code:361324
- Press #38 to turn the prompts to Spanish
- Every Wednesday @ 2:30pm EST / 1:30pm Central / 11:30am PST
- Facilitated by PSI-trained Spanish speaking peer support volunteers

PSI Website in Espanol

www.postpartum.net/en-espanol/

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



Information for all - Weekly Chat

CHAT WITH AN EXPERT

Postpartum Support International
hosts free, live phone sessions
every week:

Moms: every Wednesday

Dads: First Monday of the month

Chat Number: 1-800-944-8766

Participant Code 73162

- 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.

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



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.

www.smartpatients.com/ppd

- Online health forum for medical and mental health challenges
- PSI staff moderates the PMAD forum
- Can be anonymous

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



Online PMH Provider Directory!



[FIND A PROVIDER](#) [FIND A STATE CHAPTER](#) [LEARN MORE](#)

Sign up today for the PSI Provider Directory

Tailor your directory listing to reach out to potential clients in your area.

Keep your profile up-to-date with practice announcements, new programs and groups, and more!

Postpartum Support International now offers an online directory of qualified perinatal mental health professionals in the United States and Canada. Join the registry and share your listing as a mental health provider, a healthcare provider, childbirth professional, or support group.

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



Frontline Provider Training


- **For Frontline Providers** — Obstetricians/Gynecologists, Family Practice Physicians, Internists, Nurse Practitioners, Midwives, Physician's Assistants, Nurses
- The CME training, provided by PSI experts, is designed to equip frontline providers with the skills necessary to assess patients for perinatal mental health complications and, as appropriate, provide treatment or connect individuals with additional resources and care.
- Available as either a single day onsite 6 hr course or via two 2 hr-long on demand recorded webinars.
- Faculty: Catherine Birndorf, MD & Chris Raines, RN MSN APRN-BC
- Continuing Education Credits: CMEs, CNEs

<https://www.postpartum.net/professionals/trainings-events/frontline-provider-trainings/>

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



National Psychiatric Consultation Line




PSI Psychiatric Consult Line:
1-800-944-4773
Ext 4

Perinatal Psychiatric Consult Service

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

Postpartum Support International
Visit us at [Postpartum.net](http://www.postpartum.net)



For medical prescribers only

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

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



Certification in Perinatal Mental Health PMH-C

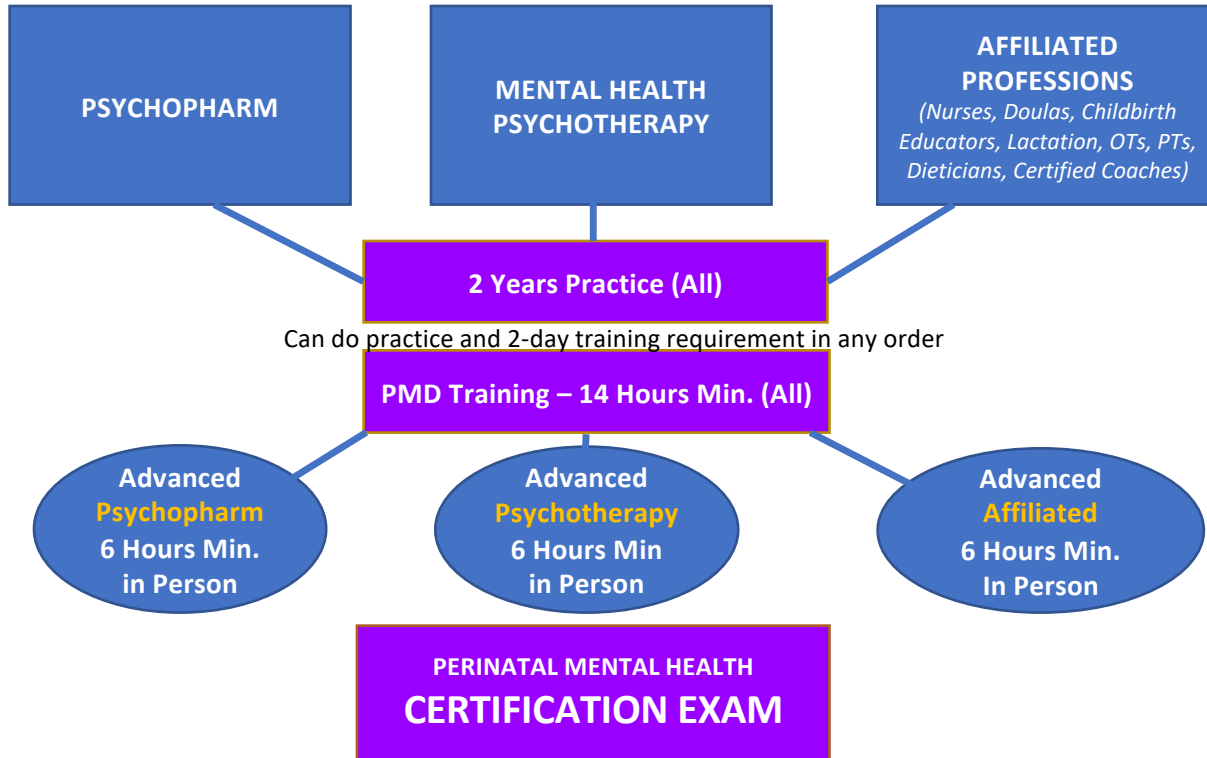
- A structure for professional education and evaluation
- A standardization of training and experience to inform families and payers of perinatal mental health specialists
- The certification curriculum requirements build on existing evidence-based perinatal mental health certificate trainings, adding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

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

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




PSI Perinatal Mental Health Certification Map



For any questions, email: certification@postpartum.net

PSI Public Awareness Posters




You are not alone.

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

depression, anxiety or sleep disturbances, mood swings, irritability, feeling overwhelmed

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





Como me hubiera gustado saber que...

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

Consejos, cambios en el apetito y el sueño, cambios en el estado de ánimo, irritabilidad, cansancio abrumador

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

Did you know?
Fathers can get depressed • anxious
after the birth of a child, too

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

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




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

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

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

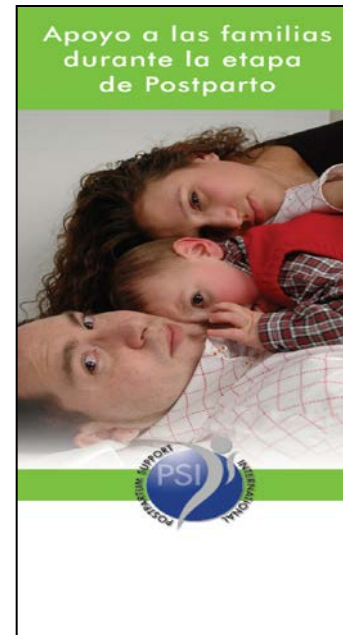


www.postpartum.net/resources/psi-awareness-poster/

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

PSI Educational Brochures English and Spanish

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



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

PSI Educational DVDs

Healthy Mom, Happy Family

In English and Spanish

www.postpartum.net/resources/psi-educational-dvd/

Buy/Watch online:

www.vimeo.com/ondemand/postpartumvideo



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

PMH Discussion Tool



Perinatal Mental Health Discussion Tool

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

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

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

Risk Factors

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

Please mark all risk factors that apply:

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

RESOURCES

www.postpartum.net

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

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

www.postpartum.net/resources/discussion-tool

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

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

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



PSI Social Media

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

VIDEOS



- **PSI Educational DVDs - promo/trailer**

- <https://vimeo.com/ondemand/postpartumvideo>

- **PSI Public Service Announcements**

- 7 PSAs to view or download or share

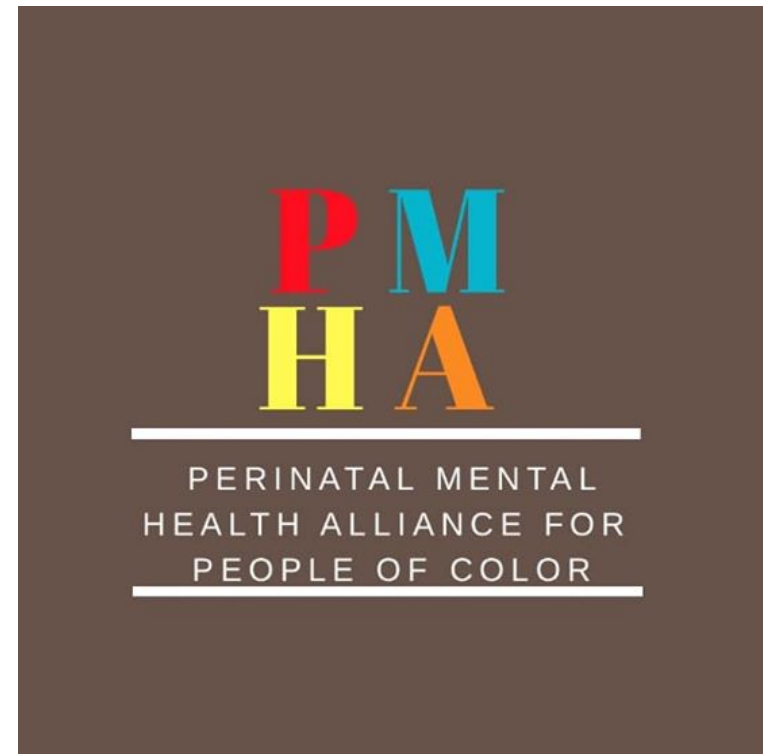
<http://www.postpartum.net> © 2018 PSI
www.postpartum.net/news-and-blog/publicserviceannouncements/

Perinatal Mental Health Alliance for People of Color

- A program within PSI
- 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.pmhapoc.org/>

- <https://www.facebook.com/pmhapoc/>



Professional Development

www.postpartum.net/professionals/trainings-events

- **PSI and 2020 Mom Online MMH Certificate Course**
www.postpartum.net/professionals/trainings-events/mmh-online-certificate-course/
- **PSI 2-Day PMAD Training:** www.postpartum.net/professionals/psi-certificate-training/
- **PMH Advanced Trainings: Psychotherapy or Psychopharmacology**
www.postpartum.net/professionals/trainings-events/psi-advanced-psychotherapy-trainings/
- **Front-Line Provider Training: primary care/prescribers (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/

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PSI Membership

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

- Discounts on trainings, events, and educational resources
- Discount at conference bookstore
- Online forums for providers via listservs (Care Providers and ReproPsych)
- Monthly facilitated video peer consultation group (via ZOOM)
- Downloadable PDFs of past PSI conference presentations
- Connection with local PSI chapters
- Networking with PSI members around the world
- Member rates are tiered, including a student rate

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

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



Hope to see you there!

PSI Annual Conference
Save the Date: New Orleans
July 8-12, 2020

<https://www.postpartum.net/professionals/conference-2020/>

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



PSI Bridges the Gap

You are not alone

You are not at fault

With help you will be well

1-800-944-4PPD(4773)

Postpartum Support International

images by eddieco

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

Specialty Programs

U.S. Perinatal Inpatient Programs:

- **North Carolina:** Chapel Hill, North Carolina, UNC Perinatal Psych Inpatient Unit
- **New York:** Glen Oaks, Queens County, New York, Northwell Health Perinatal Psychiatry Service

Intensive Outpatient and Partial Hospitalization Programs

- **California:** Mountain View CA. El Camino Hospital Maternal Outreach Mood Services (MOMS)
- **California:** Newport Beach CA. Hoag Hospital Maternal Mental Health Clinic
- **California:** Pasadena CA. Huntington Memorial Hospital Maternal Wellness Program
- **California:** San Diego CA. UC San Diego Maternal Mental Health Program
- **California:** Los Angeles, CA. UCLA CA Resnick/Maternal Mental Health Program

Intensive Outpatient and Partial Hospitalization Programs

- **Illinois:** Hoffman Estates IL. AMITA Health Perinatal IOP at Alexian Brothers Women & Children's Hospital
- **Michigan:** Grand Rapids MI. Pine Rest Mother and Baby Program
- **Minnesota:** Minneapolis MN. Hennepin Mother-Baby Day Hospital
- **Minnesota:** Eden Prairie, MN. Nystrom & Associates, Ltd. Mother Baby Intensive Outpatient Program
- **Missouri:** St. Louis, MO. Mercy Birthplace Mother-Baby Intensive Outpatient Program

Intensive Outpatient and Partial Hospitalization Programs

- **New Jersey:** Long Branch, NJ. Monmouth Medical Center Perinatal Mood & Anxiety Disorders Program
- **New York:** New York, NY. The Motherhood Center of New York
- **New York:** Queens, Nassau and Suffolk Counties NY. Perinatal Psychiatry Services at The Zucker Hillside Hospital and South Oaks Hospital
- **Pennsylvania:** Philadelphia PA. Drexel University Mother Baby Connections Intensive Outpatient Program
- **Pennsylvania:** Pittsburgh, PA. Women's Behavioral Health West Penn Hospital Allegheny Health Network
- **Pennsylvania:** Pittsburgh, PA. Alexis Joy D'Achille Center for Women's Behavioral Health at West Penn Hospital

Intensive Outpatient and Partial Hospitalization Programs

- **Rhode Island:** Providence RI. Brown/Women & Infants Day Hospital Program
- **Utah:** Riverton and Payson, UT. Serenity Recovery and Wellness
- **Utah:** South Jordan, UT. Reach Counseling Utah.com
- **Utah:** Salt Lake City, UT. St. Marks Outpatient Perinatal Program
- **Washington:** Seattle, WA. Swedish Perinatal Center for Perinatal Bonding and Support

Resources for Medications in Pregnancy and Breastfeeding

- **MothertoBaby:** (866) 626-6847 / www.mothertobaby.org
- **Infantrisk.com:** (806) 352-2519 / <http://www.infantrisk.com/>
- **Massachusetts General Hospital Center for Women's Mental Health:** www.womensmentalhealth.org
- **Reprotox:** www.reprotox.org
- **LactMed:** www.lactmed.nlm.nih.gov
- **E-Lactania:** <http://www.e-lactancia.org/ingles/inicio.asp>
- **Toxicology Data Network:** toxnet.nlm.nih.gov