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Happy Mother's Day - Celebrating You!

Happy Mother's Day

Mother's Day started as an anti-war movement - a movement for *peace*.

Anna Jarvis, founder of the modern version of Mother's Day, fought against the commercialization of the holiday, working to protect it from "the hordes of money schemers."

Designated as the second Sunday in May by President Woodrow Wilson in 1914, aspects of that holiday have since spread overseas, sometimes mingling with local traditions. Jarvis took great pains to acquire and defend her role as "Mother of Mother's Day," and to focus the day on children celebrating their mothers.



[Read more about the her-story of Mother's Day...](#)

Support Postpartum Support International with a donation today!

International Father's Mental Health Day - June 19th

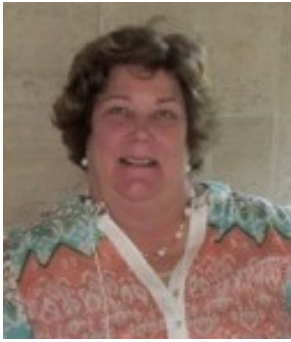


#dadsMHday

While considerable media and popular attention is devoted to maternal mental health issues, there has been less focus on the experiences of dads.

International Fathers' Mental Health Day (IFMHD) is an annual global event first launched in 2016 which gives voice to issues unique to men as they transition to fatherhood—their strengths, difficulties, and needs. Please [click here](#) to read more about International Father's Mental Health Day.

President's Letter

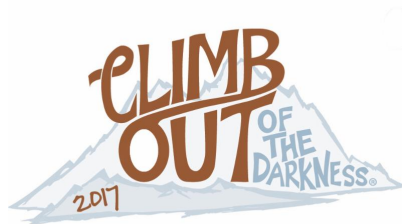


From PSI Board President Ann Smith, CNM

It was a long busy winter at PSI. We are looking forward to Spring and Summer for lots of reasons, but let me talk about a few.

Our 30th annual (imagine that) conference takes place in Philadelphia this year from July 12-15th. The 12th and 13th will be our marvelous 2-day Certificate training . For anyone who has not taken it, it is truly worthwhile. The conference follows July 14 and 15, and has all kinds of innovative breakouts from Working with Culturally Diverse Families, to New Drugs in the Pipeline, to NICU Challenges, to training Expert Witnesses for trials of women accused of Postpartum Psychosis related crimes. Try to get there. You won't be sorry. It's in an interesting space at the University of Pennsylvania.

Read more of the President's Letter by clicking [here](#).



Climb Out of Darkness 2017

Have you heard? Big news!

PSI is coordinating Climb Out of Darkness, a fundraiser for perinatal mood disorder awareness.

Entrusted with this highly successful initiative after Postpartum Progress closed its doors and their assets were transferred to PSI, we are honored to continue the #CLIMB. (Read more about that [here](#).)

#CLIMB symbolizes mothers, families and friends across the globe joining together to climb mountains and hike trails to represent their symbolic rise out of the darkness of maternal mental illness and into the light of hope and recovery.

[Read more....](#)

Pact for the Cure PPD-ACT

by Carly Snyder, MD



PPD ACT™, the largest research study on PPD and other perinatal mood disorders, aims to understand why some women get postpartum depression (PPD) and others do not. If you stand in a room filled with 100 mothers, at least 14 of them likely suffered from postpartum depression. That's 1 in 7. In a room with 1000 moms, you'll find one or two who experienced postpartum psychosis. Why did some moms suffer while others were spared the pain of a postpartum mood disorder?

Read [more...](#)

Smart Patient Forum

If you or someone you know could use a safe and private (anonymous) online space to find support, resources and encouragement, please take a look at our Smart Patients forum. Thousands of mothers gather there, choosing to use their own name or an anonymous name they've created. This serves mothers not on Facebook, or those that would prefer more privacy. Our partnership with Smart Patients is managed by Heather King, a survivor of PPD/PPA/PPOCD. Quickly and easily sign up by visiting www.smartpatients.com/ppd



Twitter: @Smart_Patients

Facebook:

<https://www.facebook.com/smartpatientscommunity/>

Click on the image for a beautiful slideshow in honor of Mother's Day!



*M is for the many
Miracles you do*

POSTPARTUM.NET



[Join us at the 30th Postpartum Support International Annual Conference in Philadelphia, July 14-15!](#) We're thrilled about our 30th annual conference, at the University of Pennsylvania Perelman Quadrangle on Friday July 14 - Saturday July 15, 2017. The PSI Conference is always an inspiring and informative event, including the [Pre-Conference PMD](#)

[Certificate Training Course](#) on July 12-13, fabulous expert keynotes and breakouts on July 14-15, poster session and banquet gala Friday, July 14. We can't wait to see you there!

Register soon for the early bird rate and hotel discount
[Online registration is open!](#)

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Upcoming PSI Training Opportunities

[30th PSI Annual Conference](#) | psioffice@postpartum.net
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