



POSTPARTUM SUPPORT
INTERNATIONAL

PSI provides direct social support to families, trains professionals, and creates a bridge to connect them.

PSI SUPPORT SERVICES link families to local providers and groups

TOLL-FREE HELP LINE: 800-944-4PPD. (800-944-4773). Pregnant and postpartum parents, families, and providers can call our helpline for information, support, and resources. In English and Spanish, every day.

PSI SUPPORT COORDINATORS: PSI has more than 400 coordinators in the U.S. and 40 other countries who offer support and resources and referrals to local providers and support groups. PSI Support Map provides local help and resources in your area. www.postpartum.net/get-help/locations/

RESOURCES FOR FAMILIES

- www.postpartum.net - PSI's website receives more than 100,000 visitors a year who seek PSI for support, education and local resource information.
- **800.944.4PPD (4773)** - PSI's toll-free HelpLine, in English and Spanish, serves more than 100 callers a month, and rapidly refers callers to appropriate local resources including emergency services.
- **Area PSI Support Coordinators** - in all 50 U.S. states, Canada, and Mexico, and more than 40 other countries around the world. These support volunteers provide telephone and email support, information, and access to informed local resources.
- **Online Support Groups** - in English and Spanish every week, led by trained PSI facilitators.
- **PSI Educational DVDs** - for families and providers.
- **Free Phone "Chat with the Experts"** - First Mondays for Dads and every Wednesday for Moms, facilitated by PSI Professionals.

SERVICES FOR PROVIDERS

- **Frontline Provider Trainings** - via webinar or onsite, designed to equip frontline providers with the skills necessary to assess and support patients with perinatal mental health complications and connect individuals with resources for additional needs. CMEs and CE approved.
- **Perinatal Psychiatric Consult Service** - A free expert service provided to medical professionals who have questions about mental health care related to pre-conception, pregnant and postpartum patients. 800-944-4773, ext 4, to make an appointment with one of our perinatal psychiatrists.
- **Perinatal Mental Health Trainings and Certification** - for medical and mental health providers, affiliated childbirth professionals, volunteer advocates, hospitals, and others.

CONNECT WITH PSI ONLINE

- **Website** www.postpartum.net
- **Online Support Groups** www.supportgroupscentral.com/psi
- **Facebook open page** www.facebook.com/PostpartumSupportInternational
- **Facebook Closed Group for support:** www.facebook.com/groups/25960478598/
- **Twitter** twitter.com/PostpartumHelp
- **You Tube** youtube.com/postpartumvideo
- **Vimeo: Educational DVDs** vimeo.com/ondemand/postpartumvideo