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PSI's Vision

It is the vision of PSI that every woman and family worldwide will have access to information, social support, and informed professional care to deal with mental health issues related to childbearing. PSI promotes this vision through advocacy and collaboration, and by educating and training the professional community and the public.

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

PSI FB closed group

- A maternal near miss is an event where a woman nearly dies due to pregnancy or childbirth related complications. The events are often unexpected and may leave the survivor isolated and alone.
- A near miss is a trauma that may likely affect how a person responds to future pregnancies, labor and delivery experiences.

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

www.psycheducation.org

Jim Phelps, MD

Resources for Fathers

www.postpartumdads.org

www.postpartummen.com

www.bcnd.org (boot camp for dads)

www.saddaddy.com

www.padrecadre

Edinburgh Postnatal Depression Scale

Name _____

Baby's Birthdate _____

Today's Date _____

Please circle the answer that best describes how you have felt over the past 7 days.

1. I have been able to laugh and see the funny side of things.

- 0 As much as I always could
- 1 Not quite so much now
- 2 Not so much now
- 3 Not at all

2. I have looked forward with enjoyment to things.

- 0 As much as I ever did
- 1 Somewhat less than I used to
- 2 A lot less than I used to
- 3 Hardly at all

3. I have blamed myself unnecessarily when things went wrong.

- 0 No, not at all
- 1 Hardly ever
- 2 Yes, sometimes
- 3 Yes, very often

4. I have been anxious or worried for no good reason.

- 3 Yes, often
- 2 Yes, sometimes
- 1 No, not much
- 0 No, not at all

5. I have felt scared or panicky for no good reason.

- 3 Yes, often
- 2 Yes, sometimes
- 1 No, not much
- 0 No, not at all

6. Things have been too much for me.

- 3 Yes, most of the time I haven't been able to cope at all
- 2 Yes, sometimes I haven't been coping as well as usual
- 1 No, most of the time I have coped well
- 0 No, I have been coping as well as ever

7. I have been so unhappy that I have had difficulty sleeping.

- 3 Yes, most of the time
- 2 Yes, sometimes
- 1 Not very often
- 0 No, not at all

8. I have felt sad or miserable.

- 3 Yes, most of the time
- 2 Yes, quite often
- 1 Not very often
- 0 No, not at all


9. I have been so unhappy that I have been crying.

- 3 Yes, most of the time
- 2 Yes, quite often
- 1 Only occasionally
- 0 No, never

10. The thought of harming myself has occurred to me.

- 3 Yes, quite often
- 2 Sometimes
- 1 Hardly ever
- 0 Never

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)

<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:** 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



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](tel:1-800-944-4PPD) ~ [1-800-944-4773](tel:1-800-944-4773)

PSI HelpLine

- **Call 800-944-4PPD or Text**
- 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).**



Get Help

Call the PSI HelpLine:

1-800-944-4773

#1 En Español or #2 English

Text in English: 800-944-4773

Text en Español: 971-203-7773

FIND LOCAL RESOURCES

PSI Support for Families

PSI Support Coordinators:

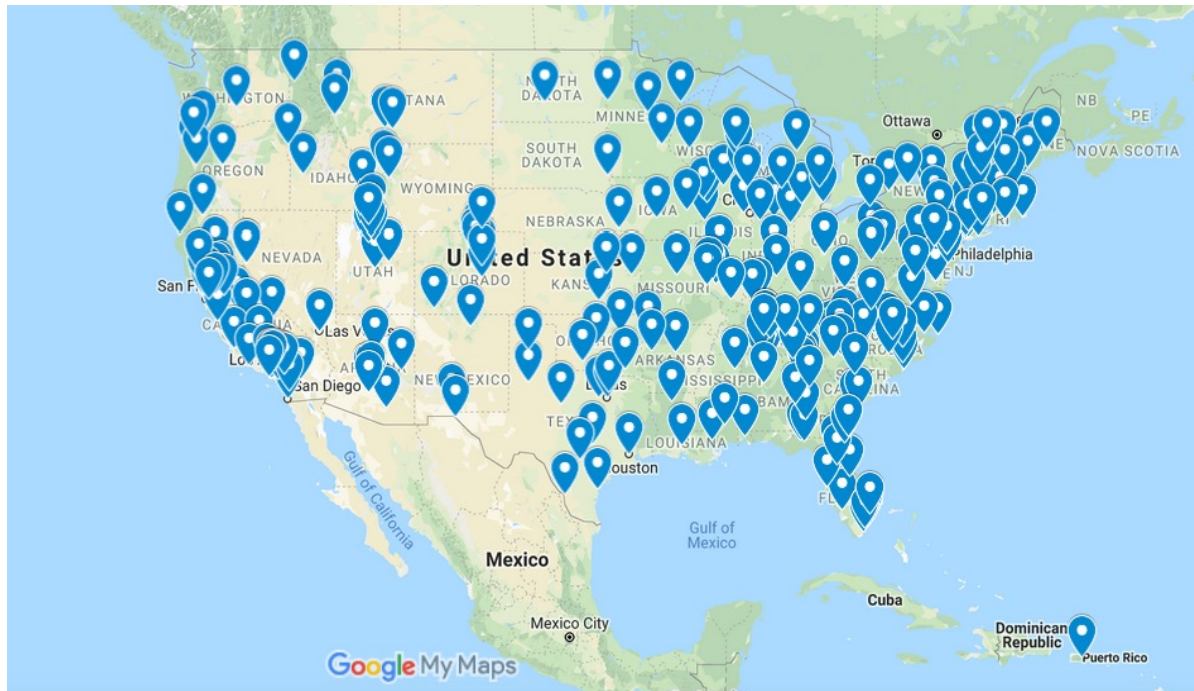
- Every state and more than 40 countries
- Referrals to local providers and professionals with advanced knowledge of PMADs
- www.postpartum.net/get-help/locations/

Interactive Support Map

The screenshot shows the PSI website's 'Find Local Support and Help' page. 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'. A secondary navigation bar contains 'Get Help', 'Learn More', 'Professionals', 'Resources', 'News & Blog', 'About', 'Join Us', and a search icon. The main content area features a large blue banner with the text 'Find Local Support and Help'. Below this, it says 'Find our local Coordinators and resources in your area here:' followed by two buttons: 'United States Map' and 'International Support Listings'. A line of text below the buttons reads 'Or call us directly at 1-800-944-4773'. At the bottom, a statement reads 'PSI is here to help. We have support coordinators near you.' A left sidebar contains the text 'FIND LOCAL SUPPORT AND HELP' and a list of links: 'Overview', 'United States', and 'International Support'.

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

Currently Recruiting Support Coordinators



Would you like to volunteer in the US or Canada?

See <https://www.postpartum.net/join-us/volunteer/supportcoordinator/> and contact coordinators@postpartum.net.

Specialized Coordinators

- Adolescent Parents
- Adoptive Parents
- Birth Mothers
- Breast/Body Feeding
- Dads
- Deaf Parents
- Grandparents
- Hyperemesis Gravidarum
- LGBTQIA+
- Infertility

Postpartum Psychosis

Pregnancy and Infant Loss

Feeding Complications

Military Families

Maternal Near Miss Survivors

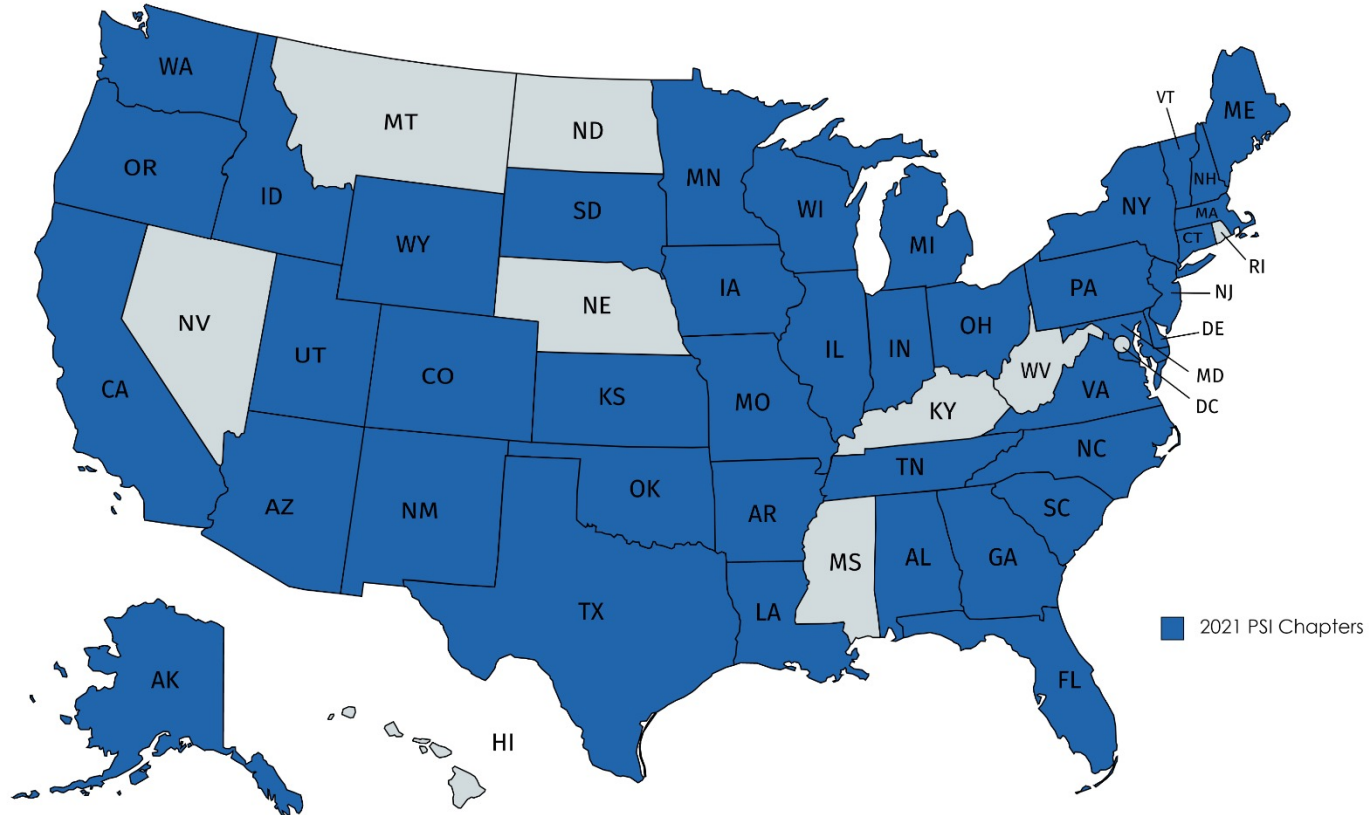
Muslim Parents

NICU Parents

Parents and Substance Use

Special Needs Diagnosis

Active State Chapters

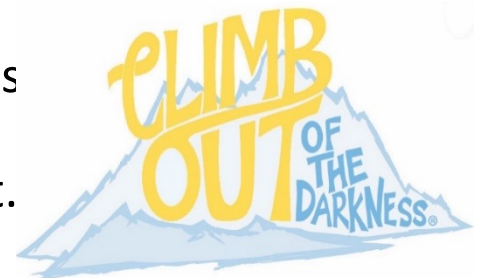


Climb Out of the Darkness®

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 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.



PSI Closed Facebook Group

- 14,000 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>

PSI Facilitated Virtual Peer Support Groups

- Pregnancy and Postpartum Mood Support Group
- Pregnancy Mood Support Group
- Black Mamas Matter Support Group
- Desi Chaat for South Asian Moms Support Group
- Apoyo Perinatal Spanish-Language Support Group
- Monthly Dad Support Group
- Pregnancy and Infant Loss Support Group
- NICU Parents Support Group
- Military Moms Support Group
- Birth Mom Support Group
- Queer Parents Support Group





CADA MARTES • 2:00 P.M. ESTE

NUEVAS MAMÁS

Únase a nosotras esta semana al grupo de apoyo para nuevas mamás.

REGISTRATE GRATIS EN: [HTTPS://WWW.POSTPARTUM.NET/EN-ESPANOL](https://www.postpartum.net/en-espanol)

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

tum.net/



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 Medications in Pregnancy and Breastfeeding

- **MotherToBaby:** <https://mothertobaby.org/>
- **InfantRisk Center:** <https://www.infantrisk.com/>
- **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>

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

When in Doubt...

- Refer or consult with a local reproductive psychiatrist if available.
- Utilize PSI's Consultation Service.
- Join PSI to access the Repropsych listserv for clinicians.

National Psychiatric Consultation Line



**PSI Psychiatric
Consult Line:
877-499-4773**

**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.

For Medical Prescribers Only

- Free, expert consultation line.
- Connected with a perinatal psychiatrist within 24 hours who can provide advice on diagnosis, treatment, and medication management for preconception, and pregnant and postpartum women.
- NOT an emergency hotline.



POSTPARTUM SUPPORT INTERNATIONAL

PEER MENTOR PROGRAM

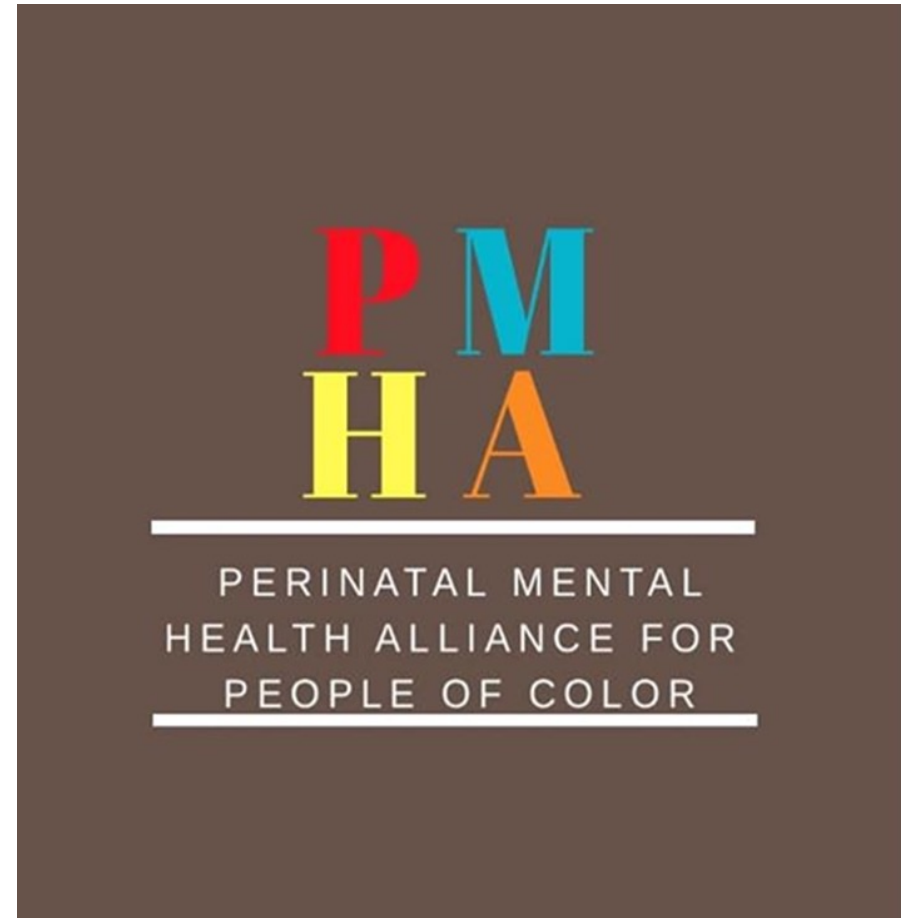
For more information visit:
www.postpartum.net/peer-mentor-program

Postpartum Support International | www.postpartum.net | 800.944.4773

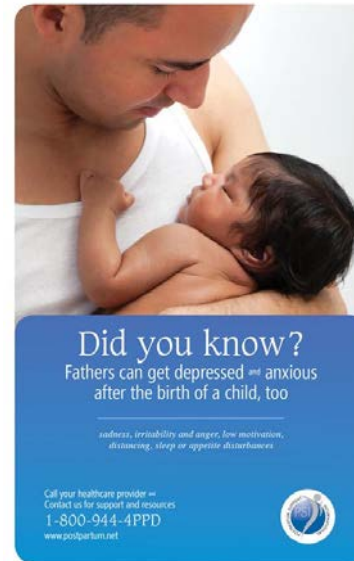
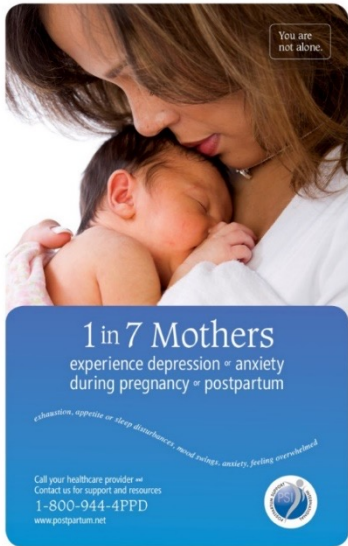
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Perinatal Mental Health Alliance for People of Color

- 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/>

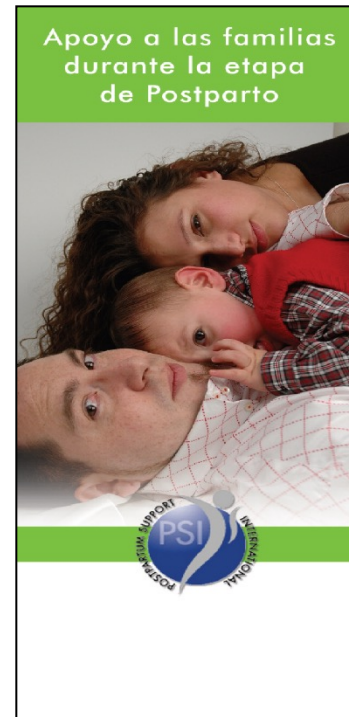


PSI Public Awareness Posters



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

PSI Educational Brochures English and Spanish



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

PSI Educational DVDs



Healthy Mom, Happy Family

- In English and Spanish
 - www.postpartum.net/resources/psi-educational-dvd/
 - Buy or watch online
 - www.vimeo.com/ondemand/postpartumvideo

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 Instagram:** @postpartumsupportinternational
- **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:**
 - www.postpartum.net/news-and-blog/publicserviceannouncements/





**PSI Annual
Conference**

PSI CONFERENCE

JULY 7-11, 2021

NEW ORLEANS (or ZOOM?)

[https://www.postpartum.net/
professionals/conference-2021/](https://www.postpartum.net/professionals/conference-2021/)

Become a PSI Member!





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>

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/
- **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/>
- **Front-Line 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/

PSI Bridges the Gap



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