

# PSIGA is Here to Help You Support Your Patients



As many as 20% of pregnant and postpartum women experience perinatal mood and anxiety disorders such as postpartum depression. PSIGA is here to connect providers, women and families to evidenced-based treatment and local support.

## ***Do you serve pregnant and postpartum women?***

PSIGA can provide you with free compassionate, easy-to-understand materials to share directly with your patients. Download or order at [psiga.org](http://psiga.org).

## ***Do you have a patient who is struggling emotionally, is at risk for a mood or anxiety disorder, or has screened positive for one?***

- Providers and patients can call the Free PSI HelpLine 1-800-944-4773 (4PPD) or text 503-894-9453 to be connected to providers and support near her.
- Providers and patients can visit [psiga.org](http://psiga.org) for an online directory of providers and support groups.
- Providers (only) can call the PSI Perinatal Psychiatric Consult Line at 1-800-944-4773, ext 4 to talk with a trained perinatal psychiatrist who will help with treatment decisions and referrals.

## ***Want to learn how to screen for perinatal mood and anxiety disorders? PSI GA offers:***

- Free one-hour Perinatal Mental Health 101 trainings covering screening and referral facilitated by a trained perinatal mental health specialist.
- Two-day Perinatal Mood and Anxiety Disorders Training (online or onsite)
- Frontline Provider Training for primary healthcare providers only (online or onsite)

*Postpartum Support International Georgia Chapter (PSI GA) promotes awareness, prevention, and treatment of maternal mental health issues related to childbearing in Georgia. We are a direct link between the families of Georgia and trained mental health providers who can help them become healthy and strong. We advocate for health care policy and programs that support the mental wellbeing of women and moms in Georgia. We train providers and raise funds for, and awareness about, perinatal mood and anxiety disorders such as postpartum depression. We are here to help families start strong. Learn more at [psiga.org](http://psiga.org).*

**Postpartum Support International, Georgia Chapter • [PSIGA.ORG](http://PSIGA.ORG) • [PSIGAinfo@gmail.com](mailto:PSIGAinfo@gmail.com)**

**PSI HelpLine:** 1-800-944-4773 (4PPD) • **Facebook:** @PSIGACHAPTER • **Instagram:** @psi\_ga