



POSTPARTUM SUPPORT
INTERNATIONAL

**Support | Resources | Training
Connection**

www.postpartum.net

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



**Convening | Educating | Inspiring
Change**

www.2020mom.org

PSI Bridges the Gap



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

2020 Mom is Closing Gaps

We understand the health care system and deliver the MMH message and solutions to stakeholders and thought leaders to drive policy change.



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)

Action on Postpartum Psychosis (APP)



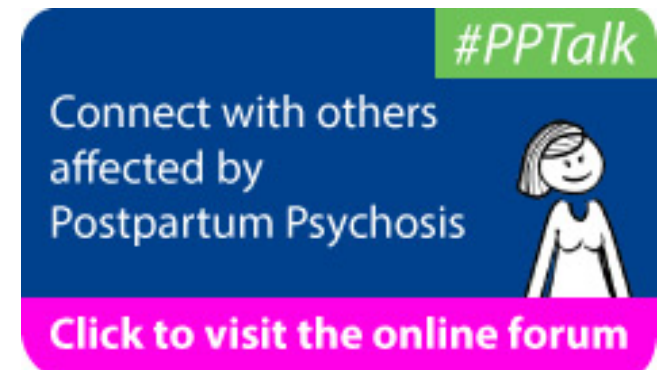
<http://www.app-network.org/>



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



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

PSI Support for Families

- **PSI Support Coordinator Network**
- www.postpartum.net/get-help/locations/
 - Every state and more than 40 countries
 - Specialized Support: military, dads, legal, psychosis
 - PSI Facebook Group
- **Toll-free Helpline 800-944-4PPD** support to women and families in English & Spanish
- **Free Telephone Chat with an Expert**



Local PSI Contact

- <http://www.postpartum.net/get-help/locations/>
- Telephone and email support for moms/families
- Connect with help: providers, groups, classes
- Providers apply to be on local resource list
- [**PSI Regional Coordinators**](#)
- Would you like to volunteer? Contact [**psioffice@postpartum.net**](mailto:psioffice@postpartum.net)

PSI Online Support Groups

English or Spanish

WEEKLY ONLINE SUPPORT MEETINGS

- » Join the meeting from your computer, tablet or smartphone!
- » Get comfortable, grab a cup of coffee!
- » Listen and share your story as a mom.
- » Meeting in Spanish offered!

GO TO: WWW.SUPPORTGROUPSCENTRAL.COM/PSI
AND CLICK THE JOIN BUTTON!



PSI Chat with an Expert

- www.postpartum.net/chat-with-an-expert/
- **Every Wednesday** for Moms
- **First Mondays** for Dads



PSI Membership

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

- Discounts on trainings and products
- Professional and Volunteer training and connection
- PSI Chapter development
- Members-only section of website
 - List your practice or group, find others
 - Conference Presentations
 - Worldwide networking
- Professional Membership Listserves
 - PSI Care Providers; International Repro Psych Group
- Special student membership discount
- Serve on PSI Committees

PSI Perinatal Mental Health Trainings

- **PSI 2-Day** Perinatal Mood and Anxiety Disorders Certificate Training:
 - www.postpartum.net/professionals/psi-certificate-training/
- **PSI and 2020 Mom Project Online Webinar MMH Certificate Training**
www.2020momproject.com/maternal_mental_health_training_for_professionals
- **Annual Conference:** [June](#)
- [PSI Social Support Network](#) online training

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 YouTube Channel
<https://www.youtube.com/user/postpartumvideo>
- PSI LinkedIn
www.linkedin.com/company/postpartum-support-international

2020 Mom –Stay Connected

- Sign up for E-news:
<http://www.2020mom.org/enews-sign-up-form>
- 2020 Mom’s Facebook Page
<https://www.facebook.com/2020MomProject/>
- 2020 Mom on Twitter -- @2020MomProject
<https://twitter.com/2020MomProject>

Information about medication in pregnancy & breastfeeding

 **MOTHERISK: 877-439-2744**
www.motherisk.org/prof/drugs.jsp

 **InfantRisk: 806-352-2519**
 <http://www.infantrisk.com>

 **MothertoBaby: 866-626-6847**
 <http://www.mothertobaby.org>

 **Mass General Women's Health**
www.womensmentalhealth.org

Postpartum Support International Contact Information

Your Local PSI Coordinator and Groups

<http://www.postpartum.net/get-help/locations/united-states/>

Telephone Support Line

1-800-944-4773 (1-800-944-4PPD)

www.postpartum.net

PSI Office 503-894-9453

psioffice@postpartum.net

Specialty Programs

U.S. Perinatal Inpatient Programs:

- North Carolina: [Chapel Hill NC, UNC Perinatal Psych Inpatient Unit](#)
- New York: [Glen Oaks, Queens County NY, Northwell Health Perinatal Psychiatry Service](#)
- California: [Long Beach CA, Community Hospital Long Beach Inpatient Program](#)

Intensive Outpatient and Partial Hospitalization Programs

- **California:**
[Mountain View CA. El Camino Hospital Maternal Outreach Mood Services \(MOMS\)](#)
- **California:**
[Pasadena CA. Huntington Memorial Hospital Maternal Wellness Program](#)
- **California:** [San Diego CA. UC San Diego Maternal Mental Health Program](#)
- **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:** Prairie Care

Programs, continued

- **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](#)
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- **Pennsylvania:**
[Pittsburgh, PA. Women's Behavioral Health West Penn Hospital Allegheny Health Network](#)
- **Rhode Island:** [Providence RI. Brown/Women & Infants](#)
- **Washington:** [Seattle, WA. Swedish Perinatal Center for Perinatal Bonding and Support](#)