



[LEARN MORE](#) | [GET HELP](#) | [FAMILY](#) |
[PROFESSIONALS](#) | [RESOURCES](#) | [ABOUT](#)

Calm in the Storms
PSI Warmline: [800-944-4773](tel:800-944-4773)
support@postpartum.net

Hello Everyone!

How great it is to be addressing you from our Newsletter. Thanks to the efforts of many “in front of and behind the scenes” of PSI, our goal is to be “speaking” to you from this forum on a more regular basis henceforward.



We are regrouping from an amazing conference in Philadelphia, and initiated two new board members while there. It was a fabulous and informative conference and I am always amazed by the sense of camaraderie from the conference.

Recently, our members were asked to respond to a survey regarding their PSI membership and experiences. We thank all of those who were able to participate and want you to know we hear you. But for our members, PSI would not be able to continue down the path of education, awareness and services that we provide to moms, dads and families across this country and multiple international locations. Thank you for your support through your membership, volunteer services, and for continuing to carry our message throughout your daily lives and/or professions.

In future newsletters, we will be focusing on member stories, affiliations, upcoming events, and all that we feel you may want to know to continue to grow and reach out as a result of your membership with PSI. We want you to know how important you are to us and how we desire to get to better know the lifeline of our organization.

Please feel free to direct any questions, comments, suggestions and upcoming events to **Mary** or **Amanda**.

Mary Parnham
PSI Board Member
Chair, Membership Committee

Even though one in seven women experience some form of postpartum mood disorder, it often goes unacknowledged and

untreated. Society doesn't like to think about women having a hard time as new mothers—under any circumstance. So, women don't report, they don't ask for help, they don't get the treatment they need.

Maternal mood disorders are 100% treatable.

No one should suffer in silence.

No matter who you are, if you are experiencing symptoms (such as extreme sadness, anxiety, or intrusive thoughts that won't go away), you deserve to be supported and treated. Postpartum Support International (PSI) is here to help you find professionals near you who can screen, treat, and support you. It doesn't matter how you realized that you, too, may need help. A news story, a movie, a friend, a blog?

At PSI we are just glad when you reach out and take that first step towards healing.

Connect with PSI on [Twitter](#), [Facebook](#) and [LinkedIn](#).

Call the Warmline: [800-944-4773](tel:800-944-4773)

Support Postpartum Support International with a donation today!

Feeling Stressed or Triggered by Current Events?



We are here for you at
[800-944-4773](tel:800-944-4773)
and support@postpartum.net



Prior to Hurricane Irma my family and the rest of the community were busy preparing for a powerful hurricane. Schools were closed for a few days before the storm. Emotions ran high, there were worries about having enough supplies and whether one should stay or go. My family was part of a mandatory evacuation zone and so we decided to leave our home. Many families evacuated and dealt with traffic and gas shortages.

Even amidst the best circumstances, the storm prep and recovery has been extremely stressful. Upon returning to our home and finding limited damage

and having electricity, I have felt compelled to help those not so fortunate. Many in the community have lost power, and many have lost their homes and belongings due to fallen trees. Since the storm, the county closed schools for another two weeks and many people have lost wages due to companies staying closed, out of power, etc.

At my practice, I am offering pro-bono or reduced rate sessions for the next few weeks to families in need. The Strong Mommas group is a free perinatal support group that meets monthly at my office. Although it was cancelled due to the storm, group will be rescheduled for later this month.

My experience during the rebuilding/recovery from Hurricane Irma has shown me that families are currently most needing food, water, supplies, cool A/C, help with removing trees from the yards, putting tarps on their rooftops. Whether families need additional support during or after this phase, I am happy to help with referring to resources and providing counseling as needed.

Julia C Thompson, LCSW #SW14616
Rapid Resolution Therapy Practitioner
Member Tricounty CISM team
Maternal Mental Health
Cape Coral, Florida
[\(239\)224-0622](tel:(239)224-0622)
<https://juliacthompsontherapy.com/>



September is National Ovarian Cancer Awareness Month



OvarianCancerAwareness.org is a coalition of 3 member organizations dedicated to fighting ovarian cancer. The Coalition began in 2000 and has continued to work together to increase awareness of ovarian cancer. Coalition members include: The M. Patricia Cronin Foundation to Fight Ovarian Cancer, The Dana-Faber/Brigham & Women's Cancer Center, and the Massachusetts Department of Public Health.

These organizations have come together to work toward a common goal: increasing awareness of ovarian cancer.

Upcoming PSI Training Opportunities

October 2-3 - Loveland, Colorado

Wendy Davis, PhD | Ann Dunnewold, PhD | Celeste St. John-Larkin, MD

[Learn more and Register for the Colorado Training](#)

October 26-27 – Indianapolis, Indiana

Birdie Meyer, RN, MA | Sara Pollard, MSN, RN, PMHNP | Amy Ricke, MD

[Learn more and Register for the Indianapolis Training](#)

November 16-17 – Great Neck, New York

Birdie Gunyon Meyer, RN, MA | Robin Muskal, PhD | Lisa Testa, PhD | Ariela Frieder, MD

[Learn more and Register for the Great Neck NY Training](#)

**Maternal Mental Health Certificate Training for
Mental Health and Clinical Professionals**

Hosted by PSI and the 2020 Mom Project

[Online Registration Page](#)



psioffice@postpartum.net | postpartum.net | (503) 894-9453

Support Warmline ~ English & Spanish ~ 800-944-4773

