



The Global Champion for Perinatal Mental Health

Perinatal mental health (PMH) disorders are the most frequent complication of childbearing and the top underlying cause of pregnancy-related deaths in the United States. They can have a huge impact on individuals, families, and society as a whole—but too often are unrecognized, undiagnosed, and untreated, leaving hundreds of thousands of people each year to suffer in silence.

For 35 years, Postpartum Support International (PSI) has been leading the global effort to improve awareness and treatment of PMH disorders and connect people with the care they need. We work in over 50 countries to connect experts and patients, to boost scientific knowledge and emotional understanding, and to develop and deliver effective interventions.

PMH Disorders: A Serious and Widespread Problem

Perinatal mental health disorders can appear anytime during pregnancy and the first 12 months after child-birth—the perinatal period. They affect people of every age, race, ethnicity, income, and culture.

PMH disorders include perinatal depression, anxiety, obsessive compulsive disorder, post-traumatic stress disorder, bipolar mood disorders, and psychosis. Left untreated, they can lead to learning and behavioral problems in children, premature or underweight births, impaired parent-child bonding, and an increase in maternal mortality.

The good news is that support and resources are available and can help prevent these complications.



Stark Statistics

ONLY
25%

of those impacted are identified and receive treatment.

PMH
DISORDERS
AFFECT
800,000
people a year
in the US.

1 IN 5

women and 1 in 10 men experience depression or anxiety during the perinatal period.

A Champion for Change

PSI works to end the stigma and silence around PMH disorders by raising public awareness, advancing scientific expertise, and providing emotional and logistical support. In partnership with our dedicated global staff, volunteers, members, and affiliated organizations, we:

- connect individuals and families with a wealth of support services and resources;
- train health professionals to better recognize and treat PMH disorders; and
- advocate for policies and programs that advance perinatal mental health.

Some of our major programs include:

- > **PSI Helpline**, a toll-free telephone number (1-800-944-4773) available in English and Spanish by call or text to get basic information, support, and resources.
- > **Peer-to-Peer Support Groups** and a Peer Mentor Program that pairs individuals in need with a trained volunteer who has also experienced and fully recovered from a perinatal mental health disorder.
- > **Science-Based Trainings**, attended by more than 40,000 healthcare providers, include topics such as perinatal loss and psychopharmacology as well as certificate programs focused on Perinatal Mental health.
- > **Perinatal Mental Health Alliance, for People of Color PMHA-POC** works to increase the capacity of

perinatal professionals to better support individuals, families, and communities of color around PMH disorders.

- > **Online Provider Directory** (psidirectory.com) helps individuals, families, and providers in the U.S., Canada, U.K., and other countries quickly and easily connect with qualified perinatal mental health providers in their local area.
- > **Climb Out of the Darkness**, an international community event that brings together survivors, providers, and supporters in the world's largest PMH awareness and fundraising event.
- > **Mind the Gap**, a policy and advocacy initiative that works to reduce gaps and improve access to perinatal mental health resources, especially for marginalized communities, including Medicaid policy.



Get Involved!

In addition to spreading the word about PSI and supporting or participating in a program, we welcome you to join PSI as a member or volunteer with us.

Become a PSI Member

PSI's membership program provides unique opportunities for healthcare providers, researchers, students, and community supporters to engage in activities that help advance perinatal mental health. We are proud to have members throughout the world.

Volunteer with PSI

We would not exist without the dedication and caring of our volunteers. There are many ways to get involved, including:

- Volunteer with the Helpline—often the first point of contact an individual or family member has with PSI.
- Join the Support Coordinator Program and connect help-seekers with support services and resources in your area.
- Become a trained peer mentor or a support group facilitator and work directly with those affected by PMADs.

In addition to these valuable volunteer opportunities, there are more ways to help. We would love to have you join us. Learn more about how you can get involved at postpartum.net/join-us



Learn more about PSI support, trainings, and resources at postpartum.net

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