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 closed FB group
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 Disorders

www.psycheducation.org

Jim Phelps, MD
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
www.padrecadre
PSI Bridges the Gap

We provide direct peer support to families, train professionals, and provide a bridge to connect them
Call 800-944-4PPD or Text 503-894-9453

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).
PSI Support for Families

PSI Support Coordinators

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

• Every state and more than 40 countries
• Specialized Support: military, dads, maternal near miss, postpartum psychosis
• Referrals to local providers & professionals with advanced knowledge of PMADs
Interactive Support Map

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

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

http://www.postpartum.net © 2018 PSI
PSI State Chapters

http://www.postpartum.net © 2018 PSI
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 state 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.
Online Facilitated Peer Support Groups

Every Tuesday for moms
3:30 Pacific, 5:30 CT, 6:30 ET
8am PT, 10am CT, 11am ET

Perfect for rural or remote areas, moms on bedrest, busy moms with newborns

Military Moms Group
Every Wednesday
3:30 PST, 5:30 CST, 6:30 EST

NICU Moms Group
Every Thursday
3:30 PT, 5:30CT, 6:30ET

https://www.postpartum.net/get-help/psi-online-support-meetings/
Spanish Language Telephone Support Group

Free, weekly support group using a toll-free conference call platform
• (844) 875-7777 (toll free) Access code: 361324
• Press #38 to turn the prompts to Spanish

• Every Wednesday @ 2:30pm EST / 1:30pm Central / 11:30am PST

• Facilitated by PSI-trained Spanish speaking peer support volunteers

PSI Website in Espanol
www.postpartum.net/en-espanol/
Information for all - Weekly Chat

Chat with an Expert

Postpartum Support International hosts free, live phone sessions every week:

- Moms: every Wednesday
- Dads: First Monday of the month

Chat Number: 1-800-944-8766
Participant Code 73162

- 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.

http://www.postpartum.net © 2018 PSI
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, and 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

http://www.postpartum.net © 2018 PSI
Online PMH Provider Directory!

Sign up today for the PSI Provider Directory

Tailor your directory listing to reach out to potential clients in your area.
Keep your profile up-to-date with practice announcements, new programs and groups, and more!

Postpartum Support International now offers an online directory of qualified perinatal mental health professionals in the United States and Canada. Join the registry and share your listing as a mental health provider, a healthcare provider, childbirth professional, or support group.

https://psidirectory.com/list-your-practice
Frontline Provider Training

• **For Frontline Providers** — Obstetricians/Gynecologists, Family Practice Physicians, Internists, Nurse Practitioners, Midwives, Physician’s Assistants, Nurses

• The CME training, provided by PSI experts, is designed to equip frontline providers with the skills necessary to assess patients for perinatal mental health complications and, as appropriate, provide treatment or connect individuals with additional resources and care.

• Available as either a single day onsite 6 hr course or via two 2 hr-long on demand recorded webinars.

• Faculty: Catherine Birndorf, MD & Chris Raines, RN MSN APRN-BC

• Continuing Education Credits: CMEs, CNEs

https://www.postpartum.net/professionals/trainings-events/frontline-provider-trainings/
Medical prescribers can call our free expert consultation line. Within 24 hours of calling, you are connected with an expert perinatal psychiatrist who can provide advice on diagnosis, treatment and medication management for preconception, pregnant and postpartum women.
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.

https://www.postpartum.net/professionals/certification
PSI Perinatal Mental Health Certification Map

PSYCHOPHARM

MENTAL HEALTH PSYCHOThERAPY

AFFILIATED PROFESSIONS
(Nurses, Doulas, Childbirth Educators, Lactation, OTs, PTs, Dieticians, Certified Coaches)

2 Years Practice (All)

PMD Training – 14 Hours Min. (All)

Can do practice and 2-day training requirement in any order

Advanced Psychopharm 6 Hours Min. In Person

Advanced Psychotherapy 6 Hours Min. In Person

Advanced Affiliated 6 Hours Min. In Person

PERINATAL MENTAL HEALTH CERTIFICATION EXAM

For any questions, email: certification@postpartum.net
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/Watch online:
www.vimeo.com/ondemand/postpartumvideo
PMH 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
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 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
  - 7 PSAs to view or download or share
    - www.postpartum.net/news-and-blog/publicserviceannouncements/
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/
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/

- PSI 2-Day PMAD Training: www.postpartum.net/professionals/psi-certificate-training/

- PMH Advanced Trainings: Psychotherapy or Psychopharmacology
  www.postpartum.net/professionals/trainings-events/psi-advanced-psychotherapy-trainings/

- Front-Line Provider Training: primary care/prescribers (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 Membership
www.postpartum.net/join-us/become-a-member

- Discounts on trainings, events, and educational resources
- Discount at conference bookstore
- Online forums for providers via listservs (Care Providers and ReproPsych)
- Monthly facilitated video peer consultation group (via ZOOM)
- Downloadable PDFs of past PSI conference presentations
- Connection with local PSI chapters
- Networking with PSI members around the world
- Member rates are tiered, including a student rate

Membership dues also support PSI as a whole as we provide direct peer support to families, train professionals, and provide a bridge between them.
Hope to see you there!

PSI Annual Conference
Save the Date: New Orleans
July 8-12, 2020

https://www.postpartum.net/professionals/conference-2020/
PSI Bridges the Gap

You are not alone
You are not at fault
With help you will be well

1-800-944-4PPD(4773)
Postpartum Support International

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

U.S. Perinatal Inpatient Programs:

- **North Carolina**: Chapel Hill, North Carolina, UNC Perinatal Psych Inpatient Unit

- **New York**: Glen Oaks, Queens County, New York, Northwell Health Perinatal Psychiatry Service
Intensive Outpatient and Partial Hospitalization Programs

- California: Mountain View CA. El Camino Hospital Maternal Outreach Mood Services (MOMS)
- California: Newport Beach CA. Hoag Hospital Maternal Mental Health Clinic
- California: Pasadena CA. Huntington Memorial Hospital Maternal Wellness Program
- California: San Diego CA. UC San Diego Maternal Mental Health Program
- California: Los Angeles, CA. UCLA CA Resnick/Maternal Mental Health Program
Intensive Outpatient and Partial Hospitalization Programs

- **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**: Eden Prairie, MN. Nystrom & Associates, Ltd. Mother Baby Intensive Outpatient Program
- **Missouri**: St. Louis, MO. Mercy Birthplace Mother-Baby Intensive Outpatient Program
Intensive Outpatient and Partial Hospitalization Programs

- **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](#)
- **Pennsylvania:** [Pittsburgh, PA. Women’s Behavioral Health West Penn Hospital Allegheny Health Network](#)
- **Pennsylvania:** [Pittsburgh, PA. Alexis Joy D’Achille Center for Women’s Behavioral Health at West Penn Hospital](#)
Intensive Outpatient and Partial Hospitalization Programs

- **Rhode Island**: Providence RI. Brown/Women & Infants Day Hospital Program
- **Utah**: Riverton and Payson, UT. Serenity Recovery and Wellness
- **Utah**: South Jordan, UT. Reach Counseling Utah.com
- **Utah**: Salt Lake City, UT. St. Marks Outpatient Perinatal Program
- **Washington**: Seattle, WA. Swedish Perinatal Center for Perinatal Bonding and Support

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Resources for Medications in Pregnancy and Breastfeeding

- MothertoBaby: (866) 626-6847 / www.mothertobaby.org
- Infantrisk.com: (806) 352-2519 / http://www.infantrisk.com/
- Massachusetts General Hospital Center for Women’s Mental Health: www.womensmentalhealth.org
- Reprotox: www.reprotox.org
- E-Lactania: http://www.e-lactancia.org/ingles/inicio.asp
- Toxicology Data Network: toxnet.nlm.nih.gov