Perinatal Mood Disorders: Overview

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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

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Resources for Fathers

www.postpartumdads.org

www.postpartummen.com

www.bcnd.org (boot camp for dads)

www.saddaddy.com

www.padrecadre
PSI Screening recommendations
http://www.postpartum.net/learn-more/screening/

1. First prenatal visit
2. At least once in second trimester
3. At least once in third trimester
4. Six-week postpartum obstetrical visit (or at first postpartum visit)
5. Repeated screening at 6 and/or 12 months in OB and primary care settings
6. 3, 9, and 12 month pediatric visits
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 your discussion tool to your provider.

If you would like to help us translate this tool, please contact communications@postpartum.net
Breastfeeding Resources for Black Mothers

- Black Mother’s Breastfeeding Association
- Facebook Groups:
  - Black Moms Breastfeeding Support Group
  - Black Pumping Mamas
  - Milk Like Mine
  - Normalize Breastfeeding
  - Black Women Do Breastfeed
  - Black Moms Breastfeed
  - Black Breastfeeding Mamas Circle

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Breastfeeding Resources for Non-Binary Gender Nonconforming and Trans Chestfeeding Individuals

• La Leche League: Transgender & Non-Binary Parents
• Facebook Groups:
  • Birthing and Breast or Chestfeeding Trans People and Allies
  • Queer Liquid Gold
Apps for Breastfeeding and Medication

• **Mother to Baby**: Organization of Teratology Information Specialists (OTIS)

• **Infant Risk**: Mommy Meds free, InfantRisk Center Health Care Mobile Resources ($9.99)

• **LactFacts**: Institute for the Advancement of Breastfeeding and Lactation Education (IABLE)
Resources for Medications in Pregnancy and Breastfeeding

- **MotherToBaby**: [https://mothertobaby.org/](https://mothertobaby.org/) 866-626-6847
- **InfantRisk Center**: [https://www.infantrisk.com/](https://www.infantrisk.com/) 806-352-2519
- **Ammon-Pinizzotto Center for Women’s Mental Health at Massachusetts General Hospital**: [https://womensmentalhealth.org/](https://womensmentalhealth.org/)
- **Reprotox**: [https://reprotox.org/](https://reprotox.org/)

© 2022 PSI - [https://www.postpartum.net/](https://www.postpartum.net/)
• **Call** 800-944-4PPD or **Text**

• 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).
Get Help

Call the PSI HelpLine:
1-800-944-4773
#1 En Español or #2 English

Text in English: 800-944-4773
Text en Español: 971-203-7773

FIND LOCAL RESOURCES
Maternal Mental Health Hotline!
PSI Support for Families

PSI Support Coordinators:

- Every state and more than 40 countries
- Referrals to local providers and professionals with advanced knowledge of PMADs
- www.postpartum.net/get-help/locations/
Interactive Support Map

- [www.postpartum.net/get-help/locations/](http://www.postpartum.net/get-help/locations/)
- [www.postpartum.net/get-help/locations/united-states/](http://www.postpartum.net/get-help/locations/united-states/)
Specialized Coordinators

• Adolescent Parents
• Adoptive Parents
• Birth Mothers
• Breast/Body Feeding
• Dads
• Deaf Parents
• Grandparents
• Hyperemesis Gravidarum
• LGBTQIA+
• Infertility
• Postpartum Psychosis

• Pregnancy and Infant Loss
• Feeding Complications
• Medical Complications
• Military Families
• Maternal Near Miss Survivors
• Muslim Parents
• NICU Parents
• Parents and Substance Use
• Special Needs Diagnosis
• Termination for medical reasons
• And more......
Currently Recruiting Support Coordinators

Would you like to volunteer in the US or Canada?
See https://www.postpartum.net/join-us/volunteer/supportcoordinator/
and contact coordinators@postpartum.net.

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Climb Out of the Darkness®
www.postpartum.net/join-us/climbout/

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.

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PSI Closed Facebook Group

• 14,000 members
• 10 trained PSI Volunteer Moderators and Staff
• A safe space for sufferers and survivors to share, normalize and comfort one another
• Moderators monitor the discussion, review member requests and comments prior to posting, and handle emergency situations when they arise
• https://www.facebook.com/groups/25960478598

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PSI Facilitated
Virtual Peer Support Groups

• Pregnancy and Postpartum Mood Support Group
• Pregnancy Mood Support Group
• Black Mamas Matter Support Group
• Desi Chaat for South Asian Moms Support Group
• Apoyo Perinatal Spanish-Language Support Group
• Monthly Dad Support Group
• Pregnancy and Infant Loss Support Group
• NICU Parents Support Group
• Military Moms Support Group
• Birth Mom Support Group
• Queer Parents Support Group

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# PSI Online Support Groups Schedule

## Weekly Groups:

**MON:**
- Perinatal Mood Support for Moms
- Loss Support for Parents
- Postpartum Psychosis Support for Moms
- Desi Chaat (South Asian Moms)
- Pregnancy After Loss

**TUE:**
- Perinatal Mood Support for Moms
- Perinatal Mood Support for Parents
- Apoyo Perinatal
- Black Moms Connect
- Pregnancy Mood Support

**WED:**
- Military Moms (Pregnancy & Postpartum)
- Perinatal Mood Support for Moms
- Queer & Trans Parents
- Pregnancy Mood Support

**THU:**
- Perinatal Mood Support for Moms
- NICU Parents
- Fertility Challenges
- Termination for Medical Reasons

**FRI:**
- Perinatal Mood Support for Parents
- Pregnancy & Infant Loss for Moms

**SUN:**
- Black Moms Connect
- Perinatal Mood Support for Moms

## Monthly Groups:

**1ST:**
- 1st Sunday - Support for Families Touched by PPP
- 1st Monday - Birth Moms

**2ND:**
- 2nd Monday - Support for Families After Maternal Death

**3RD:**
- 3rd Wednesday - Mindfulness

## Bi-Monthly Groups:

- 1st & 3rd Tuesday - Perinatal OCD Support for Moms
- 1st & 3rd Friday - Dads Support
- 1st & 3rd Sunday - Perinatal Mood Support for Parents

- 2nd & 4th Wednesday - Special Needs & Medically Fragile Parenting
- 2nd & 4th Thursday - Pregnancy & Infant Loss for Parents

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Postpartum Support International | www.postpartum.net | 800.944.4773

Current as of 12/8/2021
Becoming a new parent is often filled with many questions. We are here to help with the ones revolving around mental health. Call our weekly chat, led by a licensed mental health professional.

**What kind of questions can I ask?**
- I'm not sure if I need help. How do I know?
- I'm not depressed, I'm anxious. Where do I turn for help?
- Why am I angry all the time?
- How do I find a counselor?
- What will my first therapy appointment be like?
- I don't have any insurance. Is there help for me?
- I can't sleep. What can I do?
- How do I know if medication is safe to take while I'm pregnant or breastfeeding?

**EVERY WEDNESDAY - MOMS**
**FIRST MONDAY - DADS**

Chat Number: 800.944.8766
Participant Code: 73162

For days and times visit: www.postpartum.net/get-help/chat-with-an-expert

- Chat on group phone call
- Facilitated by PSI expert, licensed PMH professional
- Participants join by phone, can by anonymous
- There is no need to pre-register or give your name
Smart Patients Forum

- Online health forum for medical and mental health challenges
- PSI staff moderates the PMAD forum
- Can be anonymous
- www.smartpatients.com/ppd
Professional Perinatal Organizations

- International Marcé Society of Perinatal Mental Health
- Marcé of North America
- Pregnancy Loss and Infant Death Alliance
- National Association of Perinatal Social Workers
- American Society for Reproductive Medicine
- North American Society for Psychosocial Obstetrics and Gynecology
- Association of Women’s Health, Obstetric and Neonatal Nurses
- American College of Obstetrics and Gynecology
National Psychiatric Consultation Line

PSI Psychiatric Consult Line:
877-499-4773

Perinatal Psychiatric Consult Service

Medical prescribers can call our free consultation line. Within 24 hours of calling you will be connected with an expert perinatal psychiatrist who can provide advice on diagnosis, treatment and medication management for preconception, pregnant and postpartum women.

https://www.postpartum.net/
PEER MENTOR PROGRAM

For more information visit:
www.postpartum.net/peer-mentor-program
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
JOIN THE MGH CENTER FOR WOMEN'S MENTAL HEALTH

VIRTUAL ROUNDS

Wednesdays, 2-3pm EST
One-time registration required

Link to Zoom Registration: bit.ly/2M4xQCz

https://www.postpartum.net/
1 in 7 Mothers
experience depression = anxiety
during pregnancy = postpartum

Una de cada siete madres
experimenta depresión = ansiedad
durante el embarazo = postparto

Did you know?
Fathers can get depressed = anxious
after the birth of a child, too

Did you know?
Si, los papás también pueden estar deprimidos=
anosados después del nacimiento de un bebé

www.postpartum.net/resources/psi-awareness-poster/

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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 or watch online
  • www.vimeo.com/ondemand/postpartumvideo

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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 Instagram: @postpartumsupportinternational
• 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:
  • www.postpartum.net/news-and-blog/publicserviceannouncements/
PSI Membership
www.postpartum.net/join-us/become-a-member/

• Member rates are tiered, including a student rate
• Discounts on trainings, events, and educational resources
• Downloadable PDFs of past PSI conference presentations
• Member Listservs: PSI Care Providers Group + PSI Reproductive Psychiatry Group
• Monthly facilitated virtual peer consultation group
• Discounts on trainings or membership with partnering organizations (Mass General Hospital; Anxiety and Depression Association; National Perinatal Association)
• Discount on Springer Publishing books and journals (25% off)
• PSI Style store discount: T-shirts, sweatshirts, onesies, totes, and more (15% off)
• Connection with local PSI chapters
• Membership dues support PSI as a whole as we provide direct peer support to families, train professionals, and provide a bridge between them.
Become a PSI Member!

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Certification in Perinatal Mental Health
PMH-C

• 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
PSYCHOPHARM

MENTAL HEALTH PSYCHOThERAPy

2 Years Practice (All)

PMD Training – 14 Hours Min. (All)

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

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

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

• Two-Day Perinatal Mood and Anxiety Disorders Training:
  • www.postpartum.net/professionals/psi-certificate-training/

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

• Advanced PMH Psychopharmacology:
  • https://www.postpartum.net/professionals/trainings-events/advanced-pmh-psychopharmacology/

• Front-Line Provider Training (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/
Save the Date!

35TH ANNUAL PSI CONFERENCE
July 13-17, 2022 | Hyatt Regency New Orleans
PSI Bridges the Gap

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

- www.postpartum.net