

PROGRAMS & RESOURCES

PSI's vision is that every woman and family worldwide will have access to information, social support, and informed professional care to deal with mental health issues related to childbearing. We promote this vision through advocacy and collaboration, and by educating and training the professional community and the public.

FAMILY RESOURCES (NO COST)

- **PSI Website:** Provides support, education and local resources (www.postpartum.net)
- **HelpLine:** Call 800.944.4773 (**English & Spanish**), Text 503.894.9453 (**English**), 971.420.0294 (**Spanish**)
- **Support Coordinators:** Provide phone, text and email support for families in all 50 U.S. states, Canada, Mexico, and more than 40 countries around the world.
- **Online Support Groups:** Weekly online support groups for moms, Military moms and NICU families.
- **Peer Mentor Program:** Pairs moms, as well as dads, in need of support with a trained volunteer who has also experienced and fully recovered from a Perinatal Mood Disorder (PMD).
- **Chat with the Experts:** Callers can connect with other moms and dads, and talk with a PSI expert about resources, symptoms, options and general information about perinatal mood and anxiety disorders. (First Mondays for Dads and every Wednesday for Moms)
- **Perinatal Mental Health Discussion Tool:** For parents to track symptoms to discuss with their healthcare provider.
- **Social Media:** [f facebook.com/postpartumsupportinternational](https://www.facebook.com/postpartumsupportinternational) [@postpartumsupportinternational](https://www.instagram.com/postpartumsupportinternational) [@postpartumhelp](https://www.tumblr.com/postpartumhelp)

PROVIDER TRAININGS, TECHNICAL ASSISTANCE, & SERVICES

- **Frontline Provider Training:** Training (via webinar or onsite locations) that equips frontline providers with the necessary skills to assess and support patients with perinatal mental health complications. (**CMEs and CEs**)
- **Perinatal Psychiatric Consult Line:** The *free* consultation line is available for medical professionals who have questions about mental health care related to pregnant and postpartum patients and pre-conception planning.
- **Perinatal Mental Health Trainings and Certification:** For medical and mental health providers, childbirth professionals, volunteer advocates, hospitals, health care organizations, and state, county and city agencies.
- **Technical Assistance & Support:** Expert consultation, or direct access, on developing perinatal mental health capacity and psychiatric consult lines.
- **Online Perinatal Mental Health Provider Directory:** PSI's *free* directory of perinatal mental health specialists.
- **Certification in Perinatal Mental Health (PMH-C):** The PMH-C creates a structure for professional education and evaluation, and a standardization of training and experience.
- **Perinatal Mental Health Alliance for People of Color (PMHA-POC):** A program within PSI, the PMHA-POC was created to fill a gap in support services for professionals and communities of color around PMADs.
- **Membership:** PSI members around the world receive benefits including online learning/networking groups, discounts on trainings, and more.
- **MIND the GAP:** A collective initiative to improve the mental health and well-being of pregnant and postpartum women by increasing awareness and access to education, screening, diagnosis, treatment, and support services.