

# PROGRAMS & RESOURCES

## FAMILY RESOURCES (NO COST)

- **PSI Website:** Support, education, and local resources ([www.postpartum.net](http://www.postpartum.net)).
- **HelpLine:** In English, call or text 'HELP' to **800.944.4773**, In Spanish, call **800.944.4773** or text **971.203.7773**.
- **Support Coordinators:** Provide support and referrals for families in all 50 U.S. states and in more than 65 countries. Plus, Specialized Support Coordinators for specific needs such as postpartum psychosis, grandparents, dads, deaf and hard of hearing, Spanish/Arabic speaking families, LGBTQIA+ parents, military families, and more.
- **Online Support Groups:** Specialized groups including pregnancy mood, perinatal (pregnancy & postpartum) mood, birth moms, dads, Spanish language, Black moms, South Asian moms, queer and trans parents, pregnancy and infant loss, military moms, NICU parents, termination for medical reasons, and postpartum psychosis.
- **Peer Mentor Program:** Parents in need of support are paired with a trained volunteer who is fully recovered from a Perinatal Mood and Anxiety Disorder (PMADs).
- **Chat with an Expert:** Connect with other parents, and talk with a PSI expert about resources, symptoms, and treatment options. (First Mondays for Dads, and every Wednesday for Moms)
- **PSI on Smart Patients Forum:** For women affected by PMADs to share, interact, and learn from peers in a safe, supportive environment: [www.smartpatients.com/partners/ppd](http://www.smartpatients.com/partners/ppd)
- **Perinatal Mental Health Discussion Tool:** For parents to track symptoms to discuss with their healthcare provider.

## PROVIDER TRAININGS, TECHNICAL ASSISTANCE, AND SERVICES

- **Perinatal Psychiatric Consult Line:** Consultation for medical professionals who have questions about mental health care related to pregnant and postpartum patients and pre-conception planning. (**800.499.4773**)
- **Perinatal Mental Health Provider Directory:** PSI's *free* directory of perinatal mental health specialists.
- **Perinatal Mental Health Trainings and Conference:** For medical and mental health providers, childbirth professionals, volunteer advocates, hospitals, health care organizations, and state, county, and city agencies.
- **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.
- **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 CEes**)
- **Technical Assistance:** Expert consultation on capacity and consult lines.
- **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.
- **PSI State Chapters:** Collaboration, education, support, and advocacy. PSI State Chapters further the mission of PSI on a statewide level. Check our website for more information and to connect with your state chapter.

## AWARENESS

- **MIND the GAP:** A collective initiative to improve the mental health and well-being of pregnant and postpartum parents by increasing awareness and access to education, screening, diagnosis, treatment, and support services.
- **Climb Out of the Darkness (COTD):** World's largest event raising funds and awareness for the mental health of new families.
- **PSI Yates Children Memorial Fund Justice and Advocacy Program:** Support and information for families and professionals involved with cases concerning perinatal mental illness in the criminal justice or legal system.