



Your Partner in Perinatal Mental Health

If you work in mental health, maternal health, or an affiliated profession, you most likely have patients or clients who experience perinatal mental health (PMH) disorders. A frequent complication of childbearing, they affect 800,000 people a year in the US.

But are you confident that you can recognize and diagnose them? Do you feel comfortable treating these patients—or know which specialists you can refer them to?

Postpartum Support International (PSI) can help. We have a wide variety of resources and training programs designed to improve understanding and care.

A Widespread Problem. A Proven Partner.

Perinatal mental health (PMH) disorders can appear anytime during pregnancy, post-loss, and 12 months after postpartum. In the U.S., one in five mothers and one in ten fathers experience postpartum depression. PMH disorders affect people of every age, race, ethnicity, income, and culture.

PMH disorders include depression, anxiety, obsessive-compulsive disorder, post-traumatic stress disorder, bipolar mood disorders, and psychosis.

Left untreated, PMH disorders can lead to premature or underweight births, impaired parent-child bonding, and learning and behavior problems later in childhood. They can even raise the risk of maternal mortality. The good news is that support and resources are available and can prevent these complications.

We have trained
**MORE THAN
40,000
providers**
like you.

**ONLY
25%**
of people impacted
by PMH are identified
and receive
treatment.

For 35 years, Postpartum Support International (PSI) has been a global leader in improving awareness and treatment of PMH disorders. We work in over 50 countries to connect experts and patients, boost scientific knowledge and emotional understanding, and to develop and deliver effective interventions.

PSI and You

PSI helps train and certify professionals who support families during pregnancy, pregnancy loss, and the postpartum period. From on-demand resources such as a psychiatric consult line, an online provider directory, and educational webinars and videos, to specialty trainings and the first-ever PMH certification, PSI is your partner in advancing knowledge and improving care.

Summaries of our key programs are on the back. More information is available at **Postpartum.net**

PSI has resources and trainings for a wide variety of people working in mental health, maternal health, or affiliated professions. Key programs are listed here.

Resources

> Perinatal Psychiatric Consult Line

A service provided by PSI for medical professionals who have questions about mental health care related to perinatal patients and pre-conception planning. The consult line (1-877-499-4773) is staffed by reproductive psychiatrists who are members of PSI and specialists in the treatment of PMH disorders. The service is free and available by appointment.

> Perinatal Mental Health Training

PSI offers foundational and advanced-level trainings for medical and mental health providers and affiliated professionals (English and Spanish).

- Our Foundational Trainings provide introductory information on Perinatal Mental Health including a review of PMH disorders, treatment and information on at-risk populations.
- Advanced trainings include Psychotherapy, Psychopharmacology, Paternal Mental Health and Perinatal Loss.
- Basic, Community and Peer Support trainings are also available.

> Perinatal Mental Health Certification

The Perinatal Mental Health Certification (PMH-C), the first of its kind, was launched by PSI in 2018; more than 5,000 people have been certified since. It creates a structure for professional education and evaluation and a standardization of training and experience. Developed in partnership with Pearson VUE, the PMH-C curriculum builds on existing evidence-based PMH certificate trainings, adding an advanced-training component.

> 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.



LEARN MORE

about our professional programs and resources at Postpartum.net/professionals

Screening Recommendation

Because PMH disorders are so common yet so often overlooked, PSI recommends universal screening of all pregnant and postpartum individuals using evidence-based tools such as the Edinburgh Postnatal Depression Screen or Patient Health Questionnaire. Both tools are free, easily self-administered, and translated into many languages.

> PSI Annual Conference

The PSI conference provides an opportunity to meet, learn together, and share ideas with others involved in the field of perinatal mental health.

> PSI Provider Directory

An online directory of qualified perinatal mental health professionals and support groups in the U.S., Canada, U.K., and other countries. Specialized providers are able to join the registry as a mental health provider, a healthcare provider, childbirth professional, or support group. You can tailor your listing to reach potential clients, and share practice announcements, new programs, and groups, and more. <https://psidirectory.com/>

> Membership

Membership supports PSI's work as a whole, as well as providing benefits including online groups for professionals, and discounts on PSI and partner trainings. Members around the world are in a full range of health and mental health professions including therapists, doulas, psychiatrists, pediatricians, OBGYN doctors, APRNs, PAs, midwives, lactation consultants, occupational therapists, students, and researchers; community supporters are also welcome.

Postpartum.net/join-us/become-a-member

Your patients can call the **PSI HelpLine** for support and resources at **1-800-944-4773** (English and Spanish), **text/texto "help" to 800-944-4773** (English) or **971-203-7773** (Spanish), visit Postpartum.net, or download **Connect by PSI** in the app store.