



Postpartum Support International Releases Revealing, Inspiring Film on Postpartum Depression for Childbirth Educators, Healthcare Providers, Hospitals & New Families

Film Features Stories of Mothers Who Survived Perinatal Mood & Anxiety Disorders

January 20, 2010 -- Postpartum Support International (PSI), the largest non-profit organization supporting women with perinatal mood and anxiety disorders, has produced and launched a compelling new multi-cultural short film on what it's like for women who go through a postpartum mood or anxiety disorder such as postpartum depression (PPD). With one in eight new mothers experiencing this serious illness, the film was created to expand awareness of risk factors, symptoms and the ability of mothers to recover completely with professional help.

“Healthy Mom, Happy Family: Understanding Pregnancy and Postpartum Mood and Anxiety Disorders” features four women sharing their stories – Nicole, Kim, Nina and Denise. All of the women have suffered and recovered from perinatal mood and anxiety disorders. Through their honesty and openness, these women will help educate and reassure new mothers, their family members and friends, and healthcare professionals that postpartum depression is temporary and treatable. Their poignant stories are complemented by the most current, evidence-based knowledge on perinatal mood and anxiety disorders, offered by four experts in the field: PSI President Birdie Gunyon Meyer RN, MA, Pec Indman EdD, MFT, Jane Honikman, founder of PSI, and Caroline Little Cribari MD, PhD. These practitioners share what women and healthcare providers alike need to know for the effective identification and treatment of mental illnesses related to childbirth. “Healthy Mom, Happy Family” has a run-time of 13 minutes. PSI has placed a preview of the short film on YouTube at

<http://www.youtube.com/watch?v=qKOHIPsu6To>.

To order DVD copies of the film, visit the PSI website here:

<http://www.postpartum.net/Resources/PSI-Educational-DVD.aspx>.

Production of the “Healthy Mom, Happy Family” DVD was made possible by the generous support of alt-country performing artist [Wade Bowen](#), whose wife suffered from postpartum depression. Its distribution is being supported by a generous grant from [Jenny's Light](#), a foundation created in memory of Jennifer Gibbs Bankston and her newborn son Graham Gibbs Bankston. This valuable teamwork makes it possible to reach women and their families with reliable information and hope.

Postpartum Support International (PSI) is the world's largest non-profit organization dedicated to helping women suffering from perinatal mood and anxiety disorders, including postpartum depression, the most common complication of childbirth. PSI was founded in 1987 to increase awareness among public and professional communities about the emotional difficulties that women can experience during and after pregnancy. The organization offers support, reliable information, best practice training, and volunteer coordinators in all 50 U.S. states as well as 26 countries around the world. Working together with volunteers, caring professionals, researchers, legislators and others, PSI is committed to eliminating stigma and ensuring that compassionate and quality care is available to all families. To learn more, call PSI at 800-944-4PPD or visit www.postpartum.net.

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