



Postpartum Support International (PSI) is a non-profit world-wide organization dedicated to helping women and families 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 over 175 volunteer coordinators in all 50 U.S. states and more than 35 countries around the world. Working together with its social support volunteers, professionals, researchers, legislators and advocates, PSI is committed to eliminating stigma and ensuring that compassionate and quality care is available to all families.

PSI programs and services:

- Professionally-produced educational DVD in English & Spanish
- www.postpartum.net Information, support, and connection to informed local providers and groups
- National Standardized Training Program for healthcare providers
- Toll-free daily telephone support (1-800-944-4PPD) in English and Spanish by trained volunteers
- Free Telephone “Chat with an Expert,” weekly for Moms and monthly for Dads
- PSI Volunteer support, training, and conference scholarships
- Training scholarships and small grant funds for local communities
- Professional Trainings and Annual Conferences
- Social Media and online communication for pregnancy and postpartum support and information

Symptoms of depression and anxiety occur in 1 out of 7 expectant and new mothers. This means that these emotional symptoms are the most common complication of pregnancy, affecting more than 800,000 women every year in the United States alone.

PSI’s core objectives are:

- To increase awareness of perinatal mood and anxiety disorders through public and professional education.
- To collaborate with other entities involved in mental health and maternal & child health.
- To influence public policy by advocating for legislation to support increased research and resources, as well as improved identification of and outcomes for women with perinatal mood and anxiety disorders.

PSI is the largest organization in the world that specifically connects and educates all partners in the mission to provide reliable professional training and compassionate volunteer support, education, and information to families worldwide. We exist because of the dedication and commitment of our state and country volunteers, our volunteer board, staff, and our dedicated membership.

We know how important it is to have informed help when needed, and we remain dedicated to providing accessible support and information to healthcare providers and to any family that needs us. Our goal is to continue to improve our ability to respond quickly, reach out to professionals and families to prevent crisis, and to support other organizations who want to develop resources and networks in their own communities. For more information, please call us or visit our website www.postpartum.net.

POSTPARTUM SUPPORT INTERNATIONAL
800- 944-4PPD (800-944-4773)
www.postpartum.net