

Chapter 2 – FAQ's

What is Climb Out of the Darkness®?

Climb Out of the Darkness® is the world's largest event raising awareness of perinatal mental illness, including pregnancy and postpartum depression, anxiety, OCD, psychosis and post-traumatic stress. The event is run by the nonprofit Postpartum Support International every year on or near the summer solstice (the longest day of the year in the Northern Hemisphere). Teams and their supporters gather to climb out of the darkness by walking, climbing, or hiking together to help shine the most light on perinatal mental illness and to raise funds to support the fight against PMADs.

Who is Postpartum Support International?

The mission of Postpartum Support International is to promote awareness, prevention and treatment of mental health issues related to childbearing in every country worldwide.

It is the vision of PSI 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. PSI promotes this vision through advocacy and collaboration, and by educating and training the professional community and the public.

What work does PSI do? In my community?

PSI provides direct support to families, trains professionals, and is the bridge to link the two. Through its warmline volunteers, online support groups, facebook facilitators, and local support coordinators, PSI provides hope and resources to families at no charge. We work together to strengthen the safety net for pregnant, postpartum, and post-loss families every day. There are PSI Support Coordinators in every US state and in about 40 other countries. You can find all of the local PSI coordinators on the online support map. <http://www.postpartum.net/get-help/locations/>

What does a Climb leader do?

As a Climb Out of the Darkness team leader you will be leading a local team Climb. Your job is to:

1. Plan the Climb event
2. Register your climb on Crowdrise
3. Recruit people to join your Climb (team members)
4. Support your team members and encourage your team to form a network of peers who support each other throughout the year
5. Raise awareness about PMADs in your community
6. Fundraise and encourage fundraising among your team members

Where will the money I raise go?

The money collected for the Climb will be placed in a separate account with PSI and it will be dispersed in three different ways. We are happy to announce the formation of the Perinatal Action Fund, created by the transfer of funds after the closure of Postpartum Progress, Inc. The Perinatal Action Fund was developed to provide funds for underserved populations within the perinatal mood disorder community.

1. **Individuals, friends, or other sponsors who have a Climb event to raise awareness and support for perinatal mood disorders:** 50% of money raised will go into the Perinatal Action Fund and 50% will go to PSI to support their many programs that help families and educate providers around the world.
2. **Organizations or groups that organize a local Climb with their members:** You will receive 75% (after administration fees) of the money they raise for an approved project involving perinatal mood disorders. The group will have a chance to register when they start a page on Crowdrise, and there is no requirement that they have a 501c3 organization. Money will be sent to the group within 8 weeks of the close of the Climb. The additional 25% (after administration fees) will be placed into the newly formed Perinatal Action Fund developed to provide funds for underserved populations within the perinatal mood disorder community.
3. **PSI chapters:** Climbs organized by a PSI State Chapter will have all of their Climb funds returned to their individual state chapter account, minus Crowdrise admin fees. These funds from the Chapter-organized climb will be included in the regular Chapter fees at year end. Write to chapters@postpartum.net for more information about PSI Chapters. You'll find your PSI Chapters here. <http://www.postpartum.net/about-psi/chapters/>

How will PSI support the Climb Leaders?

We have an online Facebook group, a Dropbox for you to access files and documents, and access to the Leader Coordinators. Emily, Timoria, and the volunteers helping to administer the Facebook group are available to answer questions, help you find the information you need, and support you along the way. You will also receive regular email updates about suggested action items, responses to questions, and information about the Climb.

Where will Leader files be kept? How can I access them?

<https://tinyurl.com/ClimbOut2017>

Is there a Leader group or forum where I can ask questions and get answers?

Yes, <https://www.facebook.com/groups/825242920962637/>