Postpartum Psychosis Resources

**PSI Contacts:**
Michele Davidson, PhD, CNM, CFN, RN, PSI Postpartum Psychosis Coordinator, michelerdavidson@gmail.com, 703-729-4462. Michelle is doing a research study on PPP and would like names and emails of potential participants. A list will be provided. Please add your name and email if you would like to participate.

**Postpartum Psychosis Alliance Contacts** actively involved in PPP education and advocacy efforts.
Sharon Gerdes, Sharon@SharonGerdes.com, 719-358-9499 (office), former PSI Vice-President, PR/Media Chair.
Jennifer Moyer, jennifer@jennifermoyer.com, (850) 936-7164. PPP survivor, author and mental health activist.
Teresa Twomey mtwomey2@gmail.com, 203-439-2001. PPP survivor, speaker, author, former legal resources coordinator for PSI.
Angela Burling, R.N., MSN angelarnms@sbcglobal.net, PSI Board Member.
Melissa Bangs, melissa@playingmonopolywithgod.com. Storyteller, performer, and mental health activist.

**Websites / Facebook Pages / Twitter Feeds:**
Facebook - Postpartum Psychosis Alliance – https://www.facebook.com/postpartumpsychosisawareness/
Open page where PPP Survivors and Advocates can share their voices and updates publicly. This is a broad group for social media and public outreach. Maintained by Jennifer Moyer.
@PPPalliance. – Twitter handle of Postpartum Psychosis Alliance.
Postpartum Support International www.postpartum.net
Resources include information about the various perinatal mood disorders, a warmline, and access to mental health providers and support groups. Coming soon – expanded section on PPP.
National Suicide Prevention Lifeline http://www.suicidepreventionlifeline.org/
By calling 1-800-273-TALK (8255) you'll be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.
A British network, comprised of women who have experienced psychosis or bipolar disorder in relation to childbirth. This site includes many helpful resources.
Facebook - Postpartum Psychosis Forum – https://www.facebook.com/groups/357619024101/
Unmoderated but “closed” page (must request to be added). For PPP survivors and those who love them to share insights, ask questions, to “meet” peers and know they are not alone. Maintained by Teresa Twomey.

**Books and Other Creative Efforts (not an exhaustive list, we welcome your additions.):**
- Moyer, Jennifer Hentz, A Mother’s Climb Out of Darkness, Praeclarus Press, LLC. 2014
- Angela Burling is currently working on a memoir, “A Tough Nut to Crack, Insanity Couldn’t Break Me, Railroaded by Postpartum Psychosis.
- Karen Spears Zacharias, MOTHER OF RAIN is historical fiction. It is the story of Maizee Hurd. Set in 1940s Appalachia, Maizee is the mother of a deaf child, Rain, Maizee suffers from postpartum psychosis. The book was recently adapted for the stage at Georgia's State Theater, The Springer.
- Planet Grande Films. Hollywood based documentary film crew. Currently working on documentary about postpartum mental health with focus on postpartum psychosis. Contact veronicabrandy@gmail.com
- Melanie’s Battle – website dedicated to postpartum depression and psychosis http://www.melaniesbattle.org/ This was made by Melanie’s mom, Carol Blocker, PSI President’s Advisory Council member and long-time mental health and legislative advocate.