



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 those impacted 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.

> Frontline Provider Trainings

This 2-part series helps frontline healthcare providers (e.g., obstetricians/gynecologists, family practice physicians, internists, nurse practitioners, midwives, physician assistants, and nurses) develop the skills necessary to assess patients for PMH disorders, provide treatment with medication, and/or connect individuals to additional resources and care. Training is provided by PSI perinatal psychiatric experts with a curriculum developed specifically for primary healthcare providers. Options include both live and on-demand webinars as well as onsite trainings tailored to your team and setting.

> Certification in Perinatal Mental Health

The Perinatal Mental Health Certification (PMH-C), the first of its kind, was launched by PSI in 2018; more than 3,000 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.

> 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.

> Screening Tools

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.

> Other Trainings

PSI develops and delivers a variety of in-person and online trainings. Some are topic-specific (e.g. perinatal loss, psychotherapy, and psycho-pharmacology), while others are designed to provide CEs and/or count toward completion of the PMH-C certification.

> Membership

PSI's membership program provides unique opportunities for healthcare providers, researchers, students, and community supporters to engage in activities that help advance perinatal mental health.

We are proud to have members in all 50 states and more than 50 other countries. Learn more at 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 "help" to 800-944-4773 (English) or 971-203-7773 (Spanish), or **visit postpartum.net**.