



Support Saves Lives



FOR INSTANCE YOUR GIFT CAN...

Honor 1 in 7 Moms who experience postpartum depression (PPD). **\$7**

Honor 1 in 7 who experience postpartum depression (PPD). **\$17**

Support provider outreach to connect parents with PSI **\$27**

Provide 1:1 support through PSI's Peer Mentor Program. **\$57**

Provide a PSI Support Group for 1-month. **\$97**

Provide unlimited services for 1 family. **\$107**

Operate the PSI HelpLine for 1 Day. **\$227**

Provide unlimited services to 5 families. **\$507**

HELP US, HELP MORE PARENTS

THE NEED IS GREATER THAN EVER

PSI has ONE goal every year: **to help more parents than the year before.** We strive to do this by growing our resources, training providers, and increasing access to support. As a nonprofit organization, this goal can't be met without donors like you. Whether \$1 or \$10,000, every donation contributes to helping us reach, support, and save the lives of parents affected by perinatal mental health disorders.

#SupportSavesLives

This giving season, we ask for your support to continue to reach parents in need - when they need it the most.

WENDY N. DAVIS

PSI Executive Director

DONATE TO PSI. SAVE A LIFE.

Visit <https://bit.ly/DonateToPSI2023>

GIVE THE GIFT OF SUPPORT. CLICK TO DONATE.



GIVING CAMPAIGN 2023

Support Saves Lives



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GIVE THE GIFT OF SUPPORT. CLICK TO DONATE.



DONATE TODAY

For the last 35 years, PSI has been the global champion for perinatal mental health, connecting individuals and families to the resources and support needed to give them the strongest and healthiest start possible. Help us help pregnant, postpartum, and post-loss individuals in need of support by making a donation that will help fund PSI support resources.

FUNDRAISE FOR PSI

Social media creates a unique opportunity to use posts and stories as a platform to ask friends, families, followers, and customers (if you are a business owner) to support the work of PSI. There are many ways to fundraise for PSI during our 2023 Giving Campaign(11/25 - 12/31), including using Instagram, TikTok, and Facebook to help raise donations for PSI. These include but are not limited to:

- **Ask for Donations** by tagging us @PostpartumSupportInternational and/or providing a direct link to our donation page on your website.
- **Create a Fundraiser** on Facebook
- **Tag us as a Fundraiser** in your posts, reels, and stories on Instagram.
- **E-commerce / Small Business Owners** with a social media presence can fundraise for PSI in a few different ways:
 - Create/sell a product dedicated to raising funds for PSI
 - Commit to donating a percentage or total amount of your sales throughout the month.
 - Ask your customers to gift a donation in addition to their purchases at checkout.
- **Providers** can ask followers to donate to PSI in stories, posts, and reels by sharing PSI resources, perinatal mental health statistics/facts, and stories about how PSI's resources support clients and help seekers.
- **Influencers and Content Creators** have the potential to make the most significant impact on our campaign by providing our donation link in posts, stories and reels with @postpartumsupportinternational tagged as a collaborator and Postpartum Support International tagged as the non-profit. Content could include:
 - **Your Story as a Survivor** of a perinatal mental health disorder
 - **Your PSI Testimony** utilizing our resources as a help seeker
 - **Creating Awareness** about the prevalence of Perinatal Mental Health Disorders and the amazing free services PSI provides.

CLIMB FOR A CAUSE WEEK

1 in 7 moms experience perinatal mental health disorders. As part of the Climb community, we seek to ensure every parent feels welcome on the other side of their mental health journey. Join us for a special Climb by walking seven minutes daily this week. Check out our interactive social media posts (see the Climb for a Cause button on p. 4) and help us spread the word while raising money for PSI. Learn more about [The Climb](#).

GIVE THE GIFT OF SUPPORT. CLICK TO DONATE.



SHARE YOUR STORY

Stories told by survivors have a way of helping parents feel understood and seen in a REAL and authentic way. By sharing your story of hope, you are not only saying, "I struggled too," but also "I survived- and you can too".

Use #SupportSavesLives in your social media posts to bring awareness to Perinatal Mental Health Disorders, the impact they have on the lives of pregnant, postpartum, and post-loss families, and the support & resources used as part of recovery.

THE IMPACT OF ONE

Just ONE...donation, resource, volunteer, community, survivor story, or trained provider can save a life. Your ONE donation directly supports the mental health needs of pregnant, postpartum, or post-loss families - at a time when they need it the most.

Your donation saves lives. Support Saves Lives.

Donate to  #SupportSavesLives

SOCIAL POSTS

DONATE NOW

SHOP MERCH

SHARE YOUR STORY

CLIMB FOR A CAUSE WEEK

#SupportSavesLives



help us help new parents



Donate Now

bit.ly/DonateToPSI2023

Help us, help pregnant, postpartum, and post-loss individuals in need of support by making a donation that will help fund PSI support resources.

#SupportSavesLives



this is my story

donate in honor of 1 in 7 mothers that experience PPD



Donate Now

bit.ly/DonateToPSI2023

Help us, help pregnant, postpartum, and post-loss individuals in need of support by making a donation that will help fund PSI support resources.



DONATE \$7

TO HONOR 1 IN 7 WHO EXPERIENCE POSTPARTUM DEPRESSION (PPD).



HELP US HELP MORE PARENTS DONATE TO BIT.LY/DONATETOPSI2023 #SupportSavesLives

HONOR 1 IN 7 WHO EXPERIENCE POSTPARTUM DEPRESSION (PPD).



SUPPORT SAVES LIVES

THIS IS MY STORY



Donate Now

bit.ly/DonateToPSI2023

HONOR 1 IN 7 WHO EXPERIENCE POSTPARTUM DEPRESSION (PPD).



SUPPORT SAVES LIVES

DONATE TO PSI



Donate Now

bit.ly/DonateToPSI2023




I DONATED

TO HONOR 1 IN 7 WHO EXPERIENCE POSTPARTUM DEPRESSION (PPD).




HELP US HELP MORE PARENTS DONATE TO BIT.LY/DONATETOPSI2023 #SupportSavesLives

#SupportSavesLives



one of many

parents that experience a Perinatal Mental Health Disorders



Donate Now

bit.ly/DonateToPSI2023

Help us, help pregnant, postpartum, and post-loss individuals in need of support by making a donation that will help fund PSI support resources.

#SupportSavesLives



PSI's resources saved me



Donate Now

bit.ly/DonateToPSI2023

Help us, help pregnant, postpartum, and post-loss individuals in need of support by making a donation that will help fund PSI support resources.

GIVE THE GIFT OF SUPPORT. CLICK TO DONATE.





Support Saves Lives



THE CLIMB



BUILDING COMMUNITY: ONE SURVIVOR, ONE SUPPORTER, & ONE PROVIDER AT A TIME.

The Climb builds communities of survivors, supporters, and providers worldwide, which raise awareness, provide a sense of belonging to protect against the loneliness that occurs during perinatal mental health complications, and raise funds to support PSI's programs. Donations to PSI support programs like these.

2023 PSI PROGRAM IMPACT

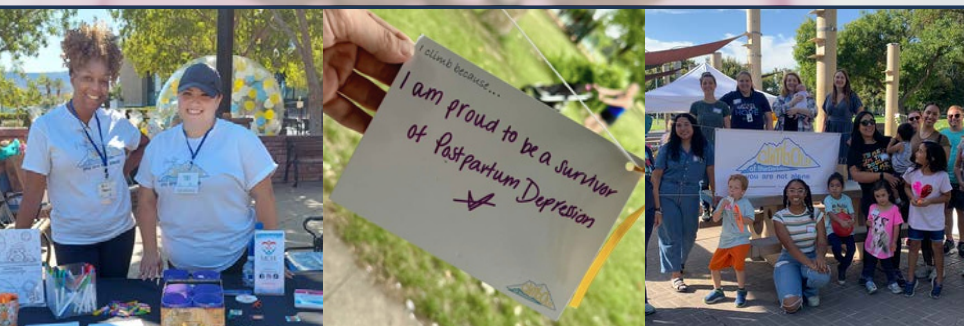
NUMBER OF EVENTS 144 events
EVENT PARTICIPANTS 11,580 people
SOCIAL MEDIA REACH 250k people

FOR INSTANCE YOUR GIFT CAN...

Advertise the Climb to local families **\$17**

Send one Climb Event package **\$57**

Support one local Climb Community **\$207**

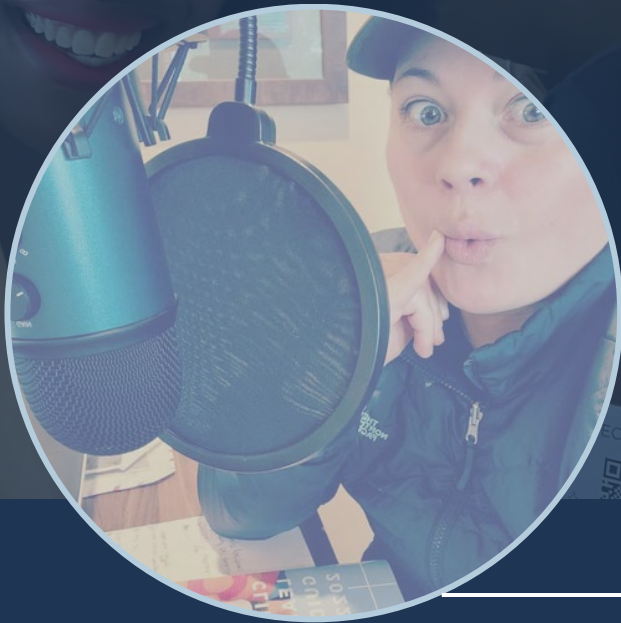


GIVE THE GIFT OF SUPPORT. CLICK TO DONATE.





Support Saves Lives



**I AM ONE
PODCAST**



STORYTELLING SAVES LIVES

Perinatal mental health advocates share their lived experience, and discuss how they're helping folks in the perinatal period now. No matter our story, we can all say, "I AM ONE of many who are touched by Perinatal Mental Health Disorders." Donations to PSI support programs like this.

2023 PSI PROGRAM IMPACT

LAUNCHED ON Feb. 28, 2023

LISTENER REVIEWS ★★★★★

NUMBER OF EPISODES 30

FOR INSTANCE YOUR GIFT CAN...

Thank a guest **\$17**

Produce an episode **\$57**

Sponsor an episode **\$107**



GIVE THE GIFT OF SUPPORT. CLICK TO DONATE.





Support Saves Lives



PERINATAL
MENTAL HEALTH
ALLIANCE FOR
PEOPLE OF COLOR



**BRIDGING THE GAP IN PERINATAL MENTAL
HEALTH FOR COMMUNITIES OF COLOR**

The Alliance is increasing the capacity of perinatal professionals to better support individuals, families, and communities of color around perinatal mental health complications. Donations to PSI support programs like these.

2023 PSI PROGRAM IMPACT

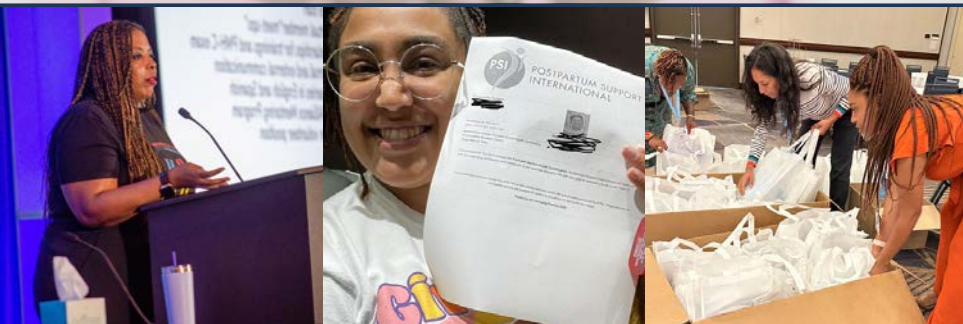
ALLIANCE LIASIONS 22 volunteers
ALLIANCE MENTORSHIP PROGRAM 132 members

FOR INSTANCE YOUR GIFT CAN...

Support the 5 BIPOC Support Groups **\$5**

Cost of a Monthly BIPOC Support Group **\$97**

Provide a scholarship for the PMH-C Exam **\$107**



GIVE THE GIFT OF SUPPORT. CLICK TO DONATE.





Support Saves Lives



LA ALIANZA DE SALUD MENTAL PERINATAL EN ESPAÑOL



**BRIDGING THE GAP IN PERINATAL MENTAL
HEALTH FOR SPANISH-SPEAKING COMMUNITIES**

La Alianza is continuing to bridge the gap in perinatal mental health support services by expanding its reach to the LatinX and Spanish-speaking community with our Alliance Spanish & Cultural Program. Donations to PSI support programs like these.

2023 PSI PROGRAM IMPACT

SPANISH TRAINING SCHOLARSHIPS \$16,150

FOR INSTANCE YOUR GIFT CAN...

Support 1 in 7 moms who suffer from PPD **\$7**

Support our 17 Spanish speaking support groups **\$17**

Provide a scholarship for a Spanish-speaking provider **\$107**



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