Postpartum Support International

PSI Fact Sheet

Postpartum Support International (PSI) is the world's largest non-profit organization dedicated to helping women 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 volunteer coordinators in every U.S. state and more than 30 other countries around the world. Working together with volunteers, caring professionals, researchers, legislators and others, PSI is committed to eliminating stigma and ensuring that compassionate and quality care is available to all families. The organization was founded in 1987 in Santa Barbara, California, by Jane Honikman.

Vision
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.

Mission
It is a mission of PSI to promote awareness, prevention and treatment of mental health issues related to childbearing in every country worldwide.

Symptoms of depression and anxiety occur in up to 20% of 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. These emotional disorders cover a wide spectrum, including antepartum depression and anxiety, postpartum depression, postpartum anxiety, postpartum obsessive-compulsive disorder, postpartum post-traumatic stress disorder and postpartum psychosis. Yet despite their prevalence, perinatal mood and anxiety disorders are under-detected by health care professionals and many women go without treatment.

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 that would support increased research and resources, as well as improved identification of and outcomes for women with perinatal mood and anxiety disorders.

In order to fulfill these objectives, PSI sponsors:

- Support and resource coordinators in all of the U.S. states and resource contacts in other countries who offer support and facilitate connections between families, health care providers, resources, and education.
- A warmline, (800) 944-4PPD (4773), which offers support and information to women and their families who are in need, both in English and in Spanish.
- An annual conference to bring together experts and interested parties and review progress in the field.
- A newsletter, PSI News**,** published quarterly featuring pertinent news articles, PSI member activities, contact information, research information, conference and training information and membership updates.
- A website, www.postpartum.net, featuring information on the causes, symptoms, and treatments, how to find and contact PSI coordinators, how to increase social support, healthcare resources, a book and video section, and an international support group list. Our website also provides information on fundraising and sponsorship opportunities. The website includes a legislative update section which helps keep members informed of pending legislation affecting women's perinatal mental health issues.
- The most comprehensive and up-to-date trainings on assessment and treatment for healthcare providers.
- PSI is actively involved in the creation, promotion and implementation of legislation promoting perinatal mood disorder research, screening, and treatment on the state and federal level.

PSI as a public and social advocate has been involved in the following:

- Congressional legislation:
  - Melanie Blocker-Stokes Postpartum Depression Research and Care Act. Sponsored by Congressman Bobby Rush (Passed 10/15/07)
  - MOTHERS ACT – proposed federal legislation initiated by Senators Menendez and Durbin (Passed 3/21/2010)
- California: Legislation on Postpartum Mood Disorders authored by Assemblyman Paul Koretz (vetoed by Governor Schwarzenegger).
- New Jersey's mandatory screening law (Governor Corzine, and Former Governor and State Senate President Richard and Mary Jo Codey)
- Position papers and press releases related to the Andrea Yates retrial
- Partnered with CBS in creating CBS Cares Public Service Announcements about postpartum depression.

To learn more, call PSI at 800-944-4PPD or visit www.postpartum.net.

Find the PSI press kit at http://postpartum.net/News-and-Events/Online-Press-Kit.aspx

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