Smart Patients is an online discussion platform for patients and their families (18 and over) to learn from each other about treatments, challenges, and how it all fits into the context of their experience. It is a safe and supportive environment where those affected by health issues can connect, share questions and concerns, and benefit from peer support.

Smart Patients is proud to collaborate with Postpartum Support International (PSI) to provide this private online peer support resource especially for moms affected by postpartum depression, anxiety, and other perinatal mood disturbances. The Smart Patients Postpartum Community will complement the programs of PSI that provide information and comfort to pregnant and new mothers. This community will also support PSI's goal to make mothers and families aware that effective help is available, they can get better, and PSI can help them find knowledgeable providers who understand how to treat PPD.

How patients can benefit from online peer support:

Learn from other patients.
People often become extraordinarily knowledgeable about their condition.
By connecting with others with similar issues, so can you.

Share stories.
Stories about living with illness deliver hope and inspiration. Patients can find stories that help them on their journey or share theirs to help others.

Research the latest treatments.
Patients can learn more about their therapies in a safe and private community.
They can ask questions and learn from what others are asking.

How Smart Patients is different from other online communities:

- No advertisements or solicitations are ever allowed.
- All conversations are strictly private and can only be read by members.
- No profile or other information is ever required or shared with third parties.
- Only patients are allowed to join the PPD Community
- Discussions are closely monitored for inappropriate content or users.
- Communities are nationwide.
- Participation for patients is always free.
- Trusted source of peer support by major health systems.

PSI POSTPARTUM SUPPORT INTERNATIONAL

Learn more:
www.smartpatients.com/ppd

Smart Patients
Advancing medicine, one story at a time.