Convening | Educating | Inspiring Change

www.2020mom.org
PSI Bridges the Gap

We provide direct peer support to families, train professionals, and provide a bridge to connect them.
2020 Mom is Closing Gaps
We understand the health care system and deliver the MMH message and solutions to stakeholders and thought leaders to drive policy change.
PTSD Websites

www.tabs.org.nz
www.solaceformothers.org
www.PATTCh.org
www.ican-online.org
www.homebirthcesarean.org
www.birthtraumaassociation.org.uk
www.HelpHer.org (Hyperemesis)
Action on Postpartum Psychosis (APP)

http://www.app-network.org/

Collaborative project run by women who have experienced PP and academic experts from Birmingham and Cardiff Universities (Ian Jones, MD)

Support, research, psychiatric services, public awareness
Resources for Fathers

www.postpartumdads.org

www.postpartummen.com

www.postpartumdadproject.org

www.bcnd.org (boot camp for dads)

www.saddaddy.com

www.babiesaloud.com

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PSI Support for Families

• PSI Support Coordinator Network
  - www.postpartum.net/get-help/locations/
    - Every state and more than 40 countries
    - Specialized Support: military, dads, legal, psychosis
    - PSI Facebook Group

• Toll-free Helpline 800-944-4PPD support to women and families in English & Spanish

• Free Telephone Chat with an Expert
Local PSI Contact

- [http://www.postpartum.net/get-help/locations/](http://www.postpartum.net/get-help/locations/)
- Telephone and email support for moms/families
- Connect with help: providers, groups, classes
- Providers apply to be on local resource list
- **PSI Regional Coordinators**
- Would you like to volunteer? Contact [psioffice@postpartum.net](mailto:psioffice@postpartum.net)
PSI Online Support Groups
English or Spanish

WEEKLY ONLINE SUPPORT MEETINGS

» Join the meeting from your computer, tablet or smartphone!
» Get comfortable, grab a cup of coffee!
» Listen and share your story as a mom.
» Meeting in Spanish offered!

Go To: www.supportgroupscentral.com/PSI
AND CLICK THE JOIN BUTTON!

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PSI Chat with an Expert

- www.postpartum.net/chat-with-an-expert/

- **Every Wednesday** for Moms

- **First Mondays** for Dads
PSI Membership

www.postpartum.net/join-us/become-a-member/

- Discounts on trainings and products
- Professional and Volunteer training and connection
- PSI Chapter development
- Members-only section of website
  - List your practice or group, find others
  - Conference Presentations
  - Worldwide networking
- Professional Membership Listserves
  - PSI Care Providers; International Repro Psych Group
- Special student membership discount
- Serve on PSI Committees
PSI Perinatal Mental Health Trainings

• **PSI 2-Day** Perinatal Mood and Anxiety Disorders Certificate Training:
  - [www.postpartum.net/professionals/psi-certificate-training/](http://www.postpartum.net/professionals/psi-certificate-training/)

• **PSI and 2020 Mom Project Online Webinar MMH Certificate Training**
  - [www.2020momproject.com/maternal_mental_health_training_for_professionals](http://www.2020momproject.com/maternal_mental_health_training_for_professionals)

• **Annual Conference:** June

• **PSI Social Support Network** online training
PSI Social Media

• PSI Facebook Open Fan Page
  www.facebook.com/PostpartumSupportInternational

• PSI Facebook Closed Group
  www.facebook.com/groups/25960478598/

• PSI Twitter -- @postpartumhelp
  www.twitter.com/PostpartumHelp

• PSI YouTube Channel
  https://www.youtube.com/user/postpartumvideo

• PSI LinkedIn
  www.linkedin.com/company/postpartum-support-international
2020 Mom – Stay Connected

• Sign up for E-news:
  http://www.2020mom.org/enews-sign-up-form

• 2020 Mom’s Facebook Page
  https://www.facebook.com/2020MomProject/

• 2020 Mom on Twitter -- @2020MomProject
  https://twitter.com/2020MomProject
Information about medication in pregnancy & breastfeeding

MOTHERISK: 877-439-2744
www.motherisk.org/prof/drugs.jsp

InfantRisk: 806-352-2519
http://www.infantrisk.com

MothertoBaby: 866-626-6847
http://www.mothertobaby.org

Mass General Women’s Health
www.womensmentalhealth.org
Your Local PSI Coordinator and Groups

http://www.postpartum.net/get-help/locations/united-states/

Telephone Support Line
1-800-944-4773 (1-800-944-4PPD)
www.postpartum.net

PSI Office 503-894-9453
psioffice@postpartum.net
Specialty Programs

U.S. Perinatal Inpatient Programs:

• North Carolina: Chapel Hill, NC, UNC Perinatal Psych Inpatient Unit

• New York: Glen Oaks, Queens County, NY, Northwell Health Perinatal Psychiatry Service

• California: Long Beach, CA, Community Hospital Long Beach Inpatient Program

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Intensive Outpatient and Partial Hospitalization Programs

- California: [Mountain View CA.](#) El Camino Hospital Maternal Outreach Mood Services (MOMS)

- California: [Pasadena CA.](#) Huntington Memorial Hospital Maternal Wellness Program

- California: [San Diego CA.](#) UC San Diego Maternal Mental Health Program

- Illinois: [Hoffman Estates IL.](#) AMITA Health Perinatal IOP at Alexian Brothers Women & Children’s Hospital

- Michigan: [Grand Rapids MI.](#) Pine Rest Mother and Baby Program

- Minnesota: [Minneapolis MN.](#) Hennepin Mother-Baby Day Hospital

- Minnesota: Prairie Care
Programs, continued

- **New Jersey:** Long Branch, NJ. Monmouth Medical Center Perinatal Mood & Anxiety Disorders Program

- **New York:** New York, NY. The Motherhood Center of New York

- **New York:** Queens, Nassau and Suffolk Counties, NY. Perinatal Psychiatry Services at The Zucker Hillside Hospital and South Oaks Hospital

- **Pennsylvania:** Philadelphia, PA. Drexel University Mother Baby Connections Intensive Outpatient Program

- **Pennsylvania:** Pittsburgh, PA. Women’s Behavioral Health West Penn Hospital Allegheny Health Network

- **Rhode Island:** Providence, RI. Brown/Women & Infants

- **Washington:** Seattle, WA. Swedish Perinatal Center for Perinatal Bonding and Support