



Scan for Help!

Support for Parents

Peer Support Services

HelpLine

- Toll-free number that anyone can call or text
- Provides basic information, support, & resources regarding perinatal mental health in English & Español.
- Staffed by volunteers 7 days a week
- Voicemails & texts returned within 24 hours

Online Support Groups

- Free weekly online support groups on numerous topics
- Trained facilitators offer peer (not clinical) support
- "Come as you are" atmosphere - cameras optional
- 90-minutes in length, providing information and resources, with the majority of time spent on open discussion among peers.

Chat with an Expert

- Free live phone sessions offered to all parents
- No registration required, limited to first 15 callers
- Facilitated by licensed mental health professionals
- Connect with other parents: talk about resources, symptoms, options, & general information about PMADs.

Support Coordinators

- Provide education, empathy and resource referrals to those who reach out for help.
- Local: Do their best to know all resources in their geographic areas, so they can provide best referrals.
- Specialized: Provide knowledgeable support for a population at high risk for PMADs or a particular experience related to pregnancy, birth or postpartum.

Social Media Groups

- PSI Closed Facebook Group: For support & peer educational purposes, not clinical help.
- PSI Dads Closed Facebook Group: For support & peer educational purposes specific for dads, not clinical help.
- Smart Patients: An online community for patients and their families beyond the postpartum period. Survivors are welcome to share stories of recovery and hope. Users can be anonymous.

Peer Mentor Program

- Pairs an individual in need of support with a trained volunteer who previously experienced perinatal mental health struggles and is now thriving.
- Weekly communication between peer and mentor for up to 1 year.
- Pairs are thoughtfully matched on a variety of attributes, including perinatal experiences (including loss and post termination), family structure, race/ethnicity and other individual nuances.

Postpartum Support International | Postpartum.net

Download *Connect by PSI* in your app store for mental health support and resources.