

2024 IMPACT REPORT

**Postpartum Support International
is all about connection.**





Words from Wendy.

Right now, millions of parents are silently struggling with perinatal mental health conditions—the most common yet overlooked complication of childbirth. PSI provides free, life-saving resources and peer support to parents in crisis—at the exact moment they need it.

Now, our mission—to provide essential, free, high-quality perinatal mental health peer support and resources to every parent who needs it—takes on a new urgency. Every donation ensures no parent has to face their mental health struggles alone, helps us fill the existing gaps in perinatal healthcare, and provides a safety net for vulnerable parents.

Every parent deserves hope, support, and a path to healing. With your support, you can be the reason they find it. Thank you for being the lifeline families can count on.

W.D., PhD, PMH-C

Wendy Davis, PhD, PMH-C
President and CEO
Postpartum Support International



Watch: Team PSI takes to the ariwaves to share our resources and personal stories with millions of people everywhere.

PSI is here while you wait.

Navigating pregnancy and postpartum can be especially challenging for those struggling with their mental health. Long wait times for therapy appointments, the search for the right psychiatrist, or even taking the first step toward care can feel overwhelming. That's where PSI steps in— providing critical support and resources to bridge the gap and ensure individuals [get the help they need](#) when they need it most.



27,936

Number of help-seekers we have connected with in 2024

Meet Gen.

In 2023, Gen, a hospice nurse in New Jersey, welcomed her daughter, Ellie. Since about six weeks after Ellie's birth, Gen recognized that something was not right. Follow her journey through PSI to where she is today.

Gen realized she wasn't okay.

I think by the first week I started to realize, all right, hold on, it's - it's becoming a lot, and then by the second week when I had to go back for my checkup I realized I wasn't okay. I had a lot of thoughts that were not good towards Ellie. At that point by the second week being home, I realized that I did not love Ellie. I did not want Ellie.

I told, my partner at the time, I said, "yes, something's wrong because I don't want to be a mom anymore."



Gen: then.

"[In that picture], I'm not there. It was an out-of-body kind of thing, I was in such a state of shock that I have this baby, this stranger, but I felt the need to take a picture because everyone takes a picture with their babies at the hospital. What would I look like not taking a picture with my baby?

That picture looks like I'm happy, but I was anything but that. I felt numb.

I look back at that hospital stay. How did I smile like that? I was not there, I was not present."

Gen's midwife provided a PSI brochure.

Gen's midwife recommended medication and resources, one of them being PSI. When providers like Gen's midwife search the [PSI Provider Directory](#), they gain access to thousands of providers who have completed advanced training in perinatal mental health. Providers with this training play a pivotal role in delivering quality care to perinatal patients.



"I am a Family medicine-OB provider, treating patients during their pregnancies and afterwards. Postpartum support is difficult for many reasons and any way that I can help be more supportive is an opportunity. Additionally, I have several close friends who are survivors. Being able to better support them and be there for them is something that I am always working towards."

—Provider and Climb Leader

Gen attended her first PSI support group.

PSI support groups were the only ones with people experiencing the same things as Gen. [PSI's 50+ online support groups](#) are led by trained PSI facilitators, designed to connect help-seekers like Gen with other parents and provide helpful tools and resources.



"Vida is an AMAZING facilitator! She is so knowledgeable about Perinatal mental health. She is a mom herself who has experienced her own healing journey with her perinatal mental health. And she leads and guides every group I've been a part of with so much compassion and validation. I always feel seen and affirmed after groups that she leads."

—Support Group Attendee

"Black Mom Connect group was really nice, its great to connect with other women of color that have similar stories and experiences."

—Support Group Attendee

1,829

English-language support groups held in 2024

245

Spanish-language support groups held in 2024

15,158

Total number of attendees English-language support groups in 2024

1,192

Total number of attendees to Spanish-language support groups in 2024

Hear from Gen

Gen found PSI groups.

But I was, as I was looking to the resources PSI was the only one that seemed to have like a group of other women cause I did not – maybe she didn't give it to me, but I didn't find anything else that was like PSI. So literally that same – was it that same day? I don't remember where the following day I got on one of the meetings. And that's how I kind of came to PSI and it's been a journey. I've been on PSI groups at least one every single day and I'm not even kidding. At least one every single day. Because it's been so helpful.

Gen on Latinx culture and mental health.

In our culture, at least for me here, and I think for a lot of Latinx, mental health isn't talked about enough and it's kind of sad because I think that's part of the reason why I feel a Latinx in a sense have been to smaller groups because I don't know if it's being talked about or I don't know with our community, like it's just – it's just not talked about, which is why I have to find these groups because I could not find that kind of support with my family. It just I – and I hate saying it that way because my family has been supportive. But they just don't quite grasp why, right? Like they don't – they push back on the why instead of trying to be, you know, trying to explore as to why maybe I'm having these feelings. My mom is the only person that came around and my aunt, but that's how I kind of went into that and because I was like, oh, there's other Hispanics. I was like, okay, let me try. And I love that they had the Latinx group as an option, because of course I'm half Mexican I'm half Ecuadorian. And it was hard to be understood by my family or not even understood, validated, because all they kept saying to me is, "You have a healthy baby, like, Gen, come on. Why are you crying? Why are you sigh? Like, you know, um, you could have been in in a in the worst position, you know, I came from Mexico," you know, they all came most of them came illegally. "I didn't know the language. I had you guys here. I didn't have money and, you know, it's okay. You have money. You're financially stable. You're you have a partner. I didn't have a partner." So all these comparisons that was just upsetting me because that's not what you want to hear. All you want to hear is it's okay.

Gen on how PSI groups normalize the postpartum experience.

I had to find these groups because one of the biggest things that I felt that has drew me to PSI and why I continued to come is because nowhere else do I feel like I supported as when I'm in these groups. Because in the outside, no one is very open and talking about these things. No one admits to these things. Yet when I go to my groups, all the women there are so vulnerable and are open to sharing these thoughts, obviously we can't go to these house, but they can tell you like, hey, I have the same thoughts as you. I have the same feelings as you, so then you don't feel alone. You feel like oh, it's not just you. You're not, you're not a problem. You're not, you know, broken. You know, it's something that it's by being in these groups have been more normalized for me. So, yes, I love my family and yes, I do feel supported in their own way, but nothing like PSI because the women there again, are open to admitting that we don't like this job all the time as a new mom. Or as a three four-time mom.

Gen how PSI groups are different.

I felt so alone the first two weeks up until I started these groups and that's why I kept coming back because I was in deep depression so I felt like I had to. Therapy helped, it does, but it's one-on-one, it's more of listening, at least in my experience with my therapist. I do get here and there like some feedback, but it's not the same as someone else telling you, oh my God, me too. Me too. I'm like I'm right there. So that makes the difference to me.

Gen on feeling understood.

I'm just going to go to one of my groups and talk about this anxiety I'm having because that's where I'm going to be understood, that's where I feel more welcome.

Gen texted the National Maternal Mental Health Hotline.

Gen contacted the NMMH Hotline when she was panicking. She was greeted by a PSI-trained counselor, who connected her to PSI resources. The Hotline (1-833-TLC-MAMA) is free, confidential, and available 24/7 in 60 languages.



[Watch:](#) National Maternal Mental Health Hotline



HelpLine

PSI provides a HelpLine that anyone can call or text to get basic perinatal mental health information, support, and resources. PSI's HelpLine is where trained and compassionate volunteers provide critical assistance to those in need. Each call or text answered brings comfort, guidance, and connection to resources, helping individuals and families who are navigating the challenges of perinatal mental health. These services offer immediate relief and also foster long-term healing. [Learn More](#)



10,011

English and Spanish HelpLine calls, texts and online form submissions combined in 2024

No matter if you call the Hotline or the PSI HelpLine, you will be connected to PSI resources.

Gen's support group facilitator informed her about PSI's Peer Mentor Program.

Gen's journey highlights the transformative impact of the [Peer Mentor Program](#). After applying to the program, Gen was matched with a mentor who provided consistent, personalized support over 4-5 months. They worked together to schedule regular meetings, and Gen had the flexibility to call or text her mentor whenever she needed. This connection offered not just guidance but a sense of reassurance and understanding, empowering Gen to navigate her perinatal mental health challenges with confidence. Programs like this create lasting change for individuals like Gen.



"I didn't feel like I was bothering a friend, I could contact her because I needed that kind of support. That support was there when I needed it, at any point. She was always open. The time difference helped because if I was up late, it was not late for her. There's a difference between a friend; there's a guilt behind bothering a friend, but peer mentors, that's what they're there for. I could contact her if I was in distress or just to chat about motherhood."

—Peer Mentor Program participant

Gen describes her experience with her peer mentor.

I have a mentor that I can reach out to at any time if I need it. That's been helpful too, because you know we can text, me and the mentor that they matched me with. It's been great because if I were you know, to need her, for any reason just to kind of talk, she's been there, she's been available, and she checks in on me, so I love that. I really do.

473

English-language
Peer Mentor Program
pairings in 2024

28

Spanish-language Peer
Mentors trained since
February 2024 when the
Spanish Peer Mentor
Program launched

37

Spanish-language Peer
Mentors matched in the
first year of the Spanish
Peer Mentor Program

Gen used PSI's Provider Directory to find a provider focused on maternal health.

PSI offers a unique [online directory](#) of 9,230+ qualified perinatal mental health professionals and support groups in the United States, Canada, the United Kingdom, and Australia. Providers have a variety of professional backgrounds (therapists, nurses, psychiatrists, doulas, lactation consultants, and more) and areas of specialty (trauma recovery, perinatal loss, physical therapy, fertility challenges, military families, and more). Help-seekers can search by spoken language, treatment orientation, insurance acceptance, and many other factors to find the right care. This resource empowers perinatal individuals like Gen to find specialized care and support when and where they need it most. The directory bridges critical gaps in access to care, ensuring families can receive the help they need to thrive.



“The PSI Directory is such an amazing tool! Being able to search for just what the help-seeker needs (location, insurance, speciality) saves so much time and helps me give the best referrals possible.”

—PSI Support Coordinator Volunteer

Gen's perspective on what makes PSI unique.

I'm going to start crying – I don't think I would have made it, or maybe I would have but it would have looked a little uglier and not as easy to join these groups. I knew this is going to happen. Sorry. I just I am beyond grateful, it's just been such a lonely journey, like I can't express that enough, like no one has been able to understand this journey at all. My partner, my mom, my friends, my coworkers, all these moms, I just don't get why I can't come the same way, why I've expressed these things and yet it has not been as helpful and anytime I have any thoughts of any kind that might seem like I'm going I'm being too dramatic or too extreme PSI's who I go to.

I couldn't find a therapist that focused on maternal health. Through PSI's directory I was able to pull up someone nearby that focused on that.



Gen: now.

About this photo taken recently with Ellie, Gen says, *“17 months old! I love her! I didn’t think I could ever love as much as I love her! I have the best connection with her, something I never thought possible. I know her better than anyone. Bizarre, because that’s not what happened when she was born. PSI has helped me so much! When my peer mentor or support group facilitators would say it was temporary, I didn’t believe it, but I know it’s true today.”*

The work we do would be impossible without our dedicated volunteers.

Gen’s story is one of many. So often, we see this full-circle moment: a parent finds PSI during a dark time, is transformed by their experience and the support they found, and returns to PSI to help more parents just like them.



“Sharing my story with PSI is only the beginning of my journey. My hope is to train as a peer mentor and also facilitate a group one day. I’d be honored to help other parents get the support they need and deserve and I can’t think of a better place to do that than alongside PSI.”

—Gen

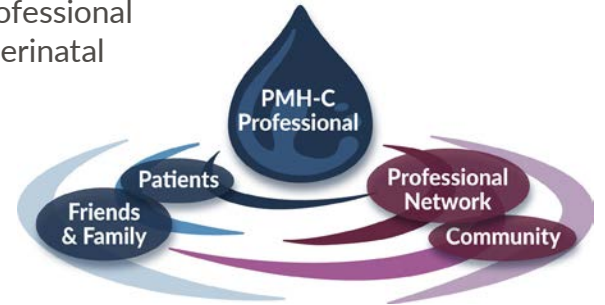
Final words from Gen.

When I do come on the PSI groups with these other amazing women, it just feels like home. Like it just feels like this, you know, this is where I belong while I’m still on this journey.

PSI brings together professionals working to support families during pregnancy, pregnancy loss, and the postpartum period.

Impact of Perinatal Mental Health Certification (PMH-C)

When clinicians are trained, there is a ripple effect in their communities as the impact of the specific training extends to the support networks and to clinicians. When a clinician is equipped to address PMH concerns, other clinicians can then benefit from the training and share it with their networks, which increases the reach through professional networks, leading to more competent care for those in the perinatal period. [Learn About Certification](#)



When one clinician is trained as a PMH-C, it is not just the one professional who is affected – the entire community benefits.

To earn their PMH-C, professionals must demonstrate proficiency in all 12 areas displayed here.



We have an international presence in 23 countries where PMH-Cs are active.



+298

Increase of certifications compared to 2023

1,704

People earned their PMH-C in 2024

5,448

Total number of active PMH-Cs worldwide in 2024

PSI has over 15 programs providing essential support and resources, and all programs achieved key successes in 2024.

These programs include:

Membership

- Over 6,300 members in a wide range of professions
- Grew by more than 500 members from the previous year
- Expanded Peer Consultation web-conferencing groups: five focus areas, including groups for mental health professionals, a Spanish language group, a prescribers group, and a group for doulas

[Become a Member](#)

Perinatal Mental Health Alliance for People of Color (PMHA-POC) also known as The Alliance

- PMHA-POC has awarded 120 training scholarships and 33 PMH-C exam scholarships
- Launched the first Alliance Fellowship Program with 12 Fellows
- [Alliance Spanish, La Alianza](#): The 2024 Maternal Mental Health Forum had over 800 attendees from around the world

[Learn More](#)

Partnerships

A key achievement in our partnership strategy has been the development of a comprehensive evaluation process for incoming partnerships. This process ensures that we collaborate with organizations, for-profit businesses, and other stakeholders whose values and goals align with our mission and vision. As a result, we have successfully expanded our audience and increased our reach, while also securing crucial financial support to sustain and advance our work.

Perinatal Psychiatric Consult Line

The PSI Perinatal Psychiatric Consultation Line is a vital, free service for medical providers who prescribe medication and have questions about mental health care for pregnant, postpartum, and pre-conception patients. This essential resource connects providers with experts in perinatal psychiatry—specialists who are members of PSI and highly experienced in treating perinatal mental health disorders. Healthcare professionals have access to the expertise they need to provide the best care possible, ultimately improving outcomes for patients during these critical stages of life.

In 2024, the Perinatal Psychiatric Consultation Line received 893+ calls, a 57% increase over 2023.

[Learn More](#)

PSI Programs continued

Legal Justice Program

Due to the testimony of one of our experts in a criminal case in FL, the charges were mitigated. We also presented at the National Association for Public Defense spring conference. Six help-seekers connected with a perinatal mental health expert witness and two attorneys received a free info call from our committee. Other help-seekers were provided perinatal mental health resources and referrals to local programs as requested.

[Learn More](#)

Research and Impact

The biggest accomplishment for us in 2024 is the amount of work we've been able to do across PSI departments to establish key performance indicators and to set up data systems to support proving and improving our impact. We've worked directly with the Alliance's Fellow program, Chapters, and the Climb team to streamline data collection and to capacitate the departments to measure impact. The Research & Impact team is slowly becoming integrated in every department to support in measuring and increasing impact, and that feels like the start of what will be a massive impact across the perinatal mental health field more broadly.

Postpartum Psychosis Task Force

The Postpartum Psychosis Task Force, through the coordinating efforts of its facilitator, Julia Alzoubaidi, continues to expand and advocate for those affected by the illness. The Postpartum Psychosis Program developed an inservice about Perinatal Psychosis for all PSI volunteers, and—with the help of Alexis Mansfield and the Women's Justice Institute—relaunched PSI's PenPals program by connecting over 20 incarcerated individuals with a fellow PSI volunteer and PMHD survivor.

[Learn More](#)

Chapters

PSI Chapters has established 51 chapters across all states, including Washington, D.C. Through its efforts, Chapters has distributed approximately \$332,800 in scholarship funds to support professional development in perinatal mental health. Additionally, PSI Chapters have received approximately \$93,200 in Climb Funds, which can be allocated to enhance PSI's mission through training scholarships, programmatic events, awareness campaigns, and community programming. Over 10 Chapters have also played a pivotal role in advocating for state-level measures that address perinatal mental health across the U.S.

[Learn More](#)

Marketing & Communications

Marketing & Communications hired two Spanish-language content creators to improve and increase Spanish communications and grow PSI's Spanish-speaking audience.

Our website had 1,056,170 visitors in 2024. Visitors were most interested in our support groups, certification in perinatal mental health, training programs, and our annual conference.

PSI Programs continued



The Climb

[The Climb team](#) created a robust training and volunteer resource portal, which improved Climb Leader retention and fundraising.

There were 106 events in 42 states, and over \$200,000 was raised!



[Watch: Let's Climb Together](#)

Mind the Gap

[Mind the Gap](#) is a coalition of women, families, and leading organizations who have set forth a national strategic action plan to turn the tide on the crisis.

Massachusetts Mind the Gap Coalition Celebrates New Maternal Health Law

The omnibus legislation, signed by Gov. Maura Healey on August 26, 2024, addresses key birth justice issues and creates a better safety net for new parents experiencing postpartum depression and other perinatal mood and anxiety disorders, a key component of comprehensive care for families during this critical, vulnerable time.

This legislation is just one instance of success in Mind the Gap's work to increase research and funding and improve awareness and access to prevention, education, screening, diagnosis, treatment, and support services for pregnant and postpartum women and their families.



The Blue Dot Project

[The Blue Dot Project](#) is developing the Blue Dot Safe Spot program. This initiative will provide medical practitioners and their office staff with information on perinatal mental health and the resources available to support their patients. It aims to establish mental health 'Safe Spots' for parents during pregnancy, postpartum, and post-loss periods. At the 2024 PSI Conference, the new program was showcased and garnered significant interest, with over 500 people joining the interest list. The pilot program is scheduled to launch in May 2025.



Testimonials of PSI's Impact

"Since joining the PSI directory and obtaining my PMH-C, I have seen an increase of approximately 50% in my perinatal clientele. This growth has not only expanded my practice, but has significantly enhanced my ability to reach the individuals and families I am most passionate about supporting. My clients have shared that they found me through the directory and felt reassured knowing I was part of an organization dedicated to perinatal mental health. Additionally, being a Certified Perinatal Mental Health provider has helped prospective clients feel confident in my qualifications and services. Collectively, the directory plus certification has allowed me to focus on providing care to those in some of life's most vulnerable times."

—Charity Crawford, LMSW, PMH-C



"A friend of mine found out he was expecting a baby within a few weeks of me. His wife and I became best friends! We had our babies a few weeks apart and she suffered from terrible PPD. I did the best I could to help her through it... She is a therapist and decided to take training to be able to help others go through what she went through. Once she realized there was a climb - she decided to get it going! I am her sidekick along the way. We look forward to helping as many others as possible!"

—Climb Leader



"I am passionate about mental health care, I am a mental health provider, and a survivor of PPD. As a survivor, as a mom of a teen daughter, and as a therapist who works with women, couples, and families, I strive to be a helpful resource, and also to have helpful resources for my clients as well. This aids me with tools to help people close to me and for my clients. I am excited to be a part of The Climb, as I am passionate about this cause."

—Provider and Climb Leader



"Receiving this [PMHA-POC training] scholarship not only supported my personal goals, it supported the overall readiness and impact of the behavioral health services within military communities. Having this credential will allow me to showcase the importance of this topic to civilian and military stakeholders that are able to make effective change."

—Dr. Olymphina O'Neal-White, PMH-C, Army 1Lt



"I came across The Blue Dot Project when I was at my lowest point of being a first time mother. I had just been diagnosed with PPD and felt helpless. This platform not only validated everything I was going through and experiencing but helped me realize I am not alone. It serves to be a light and a voice for mothers going through something extremely important that is not talked about enough. I was inspired to share my experiences and be part of a cause that puts maternal mental health first."

—Nicole, Blue Dot Ambassador

Learn more about PSI

While PSI has made significant strides in providing critical support and resources for those navigating perinatal mental health challenges, the need for our services continues to grow. The impact of our programs is undeniable, but the demand for accessible care, professional training, and peer support is greater than ever. We are committed to centering equity in all that we do, ensuring that underserved and marginalized communities have access to the support they deserve.

To sustain and expand our reach, we rely on the ongoing generosity of our funders. Your financial support ensures that we can continue to serve more families, equip more clinicians, and create lasting change in the field of perinatal mental health on a global scale. Together, we can make a profound difference in the lives of parents in crisis—when they need it most.

♥ [Meet our Board](#)

♥ [Meet our Advisory Council](#)

♥ [Meet our Staff](#)

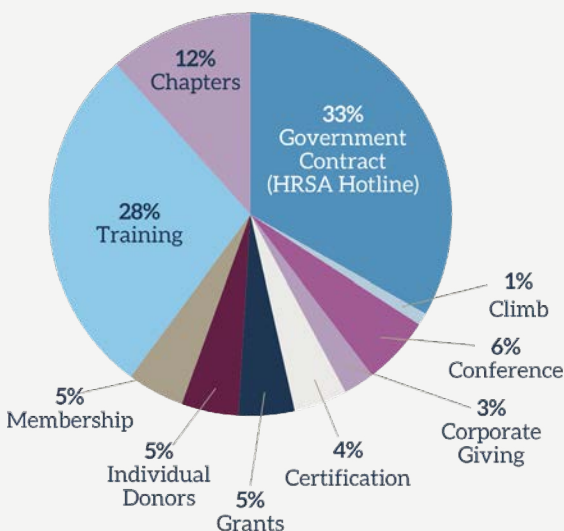
♥ [Meet our Faculty](#)

Support Our Work

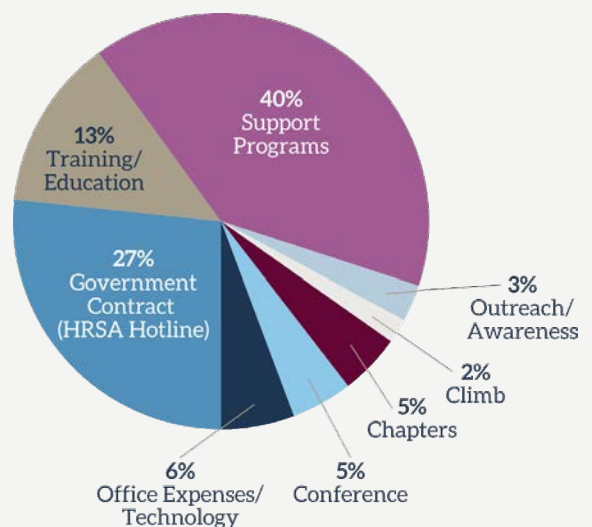
[Donate to PSI](#)

Financials

2024 Income



2024 Expenses



Make an Impact

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- [Volunteer with PSI](#)
- [Participate in The Climb](#)
- [Tell Your Story](#)
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Connect with us

Website



Conecta con nosotras

En Español



Download the app

Connect with PSI for:

- ✓ Community at your fingertips
- ✓ Instant access to HelpLine/hotline
- ✓ Directory of trained providers



Connect by PSI



Resources available in English or Spanish

▶ Google Play

▶ App Store