



PSI provides support and resources to pregnant, post-loss, and postpartum individuals and families, including —

- Perinatal Mental Health Information
- Online Support Groups for Various Topics
- Peer Mentor Program
- Postpartum Planning Class
- Directory of PMH-Educated Providers
- Specialized Support Resources

These services are available in English or Spanish.

PSI is Here to Help

Call or text the PSI HelpLine:
Call: 1-800-944-4773 English & Spanish
Text "Help" to 800-944-4773 English
Text en Español: 971-203-7773

Download **Connect by PSI** in your app store
[Postpartum.net](https://www.postpartum.net)

Perinatal Mental Health Disorders (PMHDs) Include Depression, Anxiety, OCD, PTSD, Bipolar and Perinatal Psychosis

Symptoms of PMHDs —

- Feeling sad or depressed.
- Feeling more irritable or angry with those around you. Experiencing moments of rage.
- Difficulty bonding with your baby.
- Feeling anxious or panicky.
- Having problems with eating or sleeping.
- Having upsetting thoughts that you can't get out of your mind.
- Feeling like you are “out of control” or “going crazy.”
- Feeling like you never should have become a parent.
- Worrying that you might hurt your baby or yourself.

If you feel like you may be experiencing symptoms of a Perinatal Mental Health Disorder, like Perinatal Depression, call or text the **PSI HelpLine**:

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POSTPARTUM SUPPORT
INTERNATIONAL

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