

# One in Five Mothers Experience Mental Health Disorders During or After Pregnancy

**Postpartum Support International Urges Loved Ones to Check in on New and Expectant Moms, Offers Guidance and Free Resources**

**May 1 is World Maternal Mental Health Day**

**PSI Executive Director Wendy Davis PhD, PMH-C, and other PMH Disorder experts and survivors available for interviews via ZOOM and PHONE**

May brings National Maternal Mental Health Month and Mother's Day, making it an ideal time to educate mothers and the people in their lives about postpartum depression and other [perinatal mental health](#) (PMH) disorders. The national non-profit organization [Postpartum Support International](#) (PSI) is working to improve PMH disorder awareness and access to support and care while reducing stigma around perinatal mental health disorders.

With the celebration of mothers in May, it's important to know motherhood is anything but joyful for moms suffering from a PMH disorder. Research shows that although PMH disorders affect 800,000 people a year, only 25% of them receive treatment. One in five women and one in 10 men experience depression or anxiety during the perinatal period, which includes pregnancy, post-loss, and 12 months postpartum. Despite improvements in the understanding of these disorders, each year, hundreds of thousands of parents suffer silently because they don't know what they are experiencing is common and treatable, or they feel embarrassed and ashamed.

To spread awareness of perinatal mental health disorders and combat stigma and shame, PSI is encouraging people to wear a blue dot pin or sticker to show their solidarity and support. It's part of a campaign called "[The Blue Dot Project](#)" which aims to connect people to get the help and resources they and their families need. PSI also offers coordination, comfort, and peer support, helping people find the right resources online and in their own communities. Pregnant and postpartum parents can call the PSI Helpline for support and resources at 1-800-944-4773 (English and Spanish), text "help" to 1-800-944-4773 (English), 971-203-7773 (Spanish), or visit [postpartum.net](#). One new resource this year is the app, **Connect by PSI**, which provides free resources in the palm of your hand.

**From 7 am – 1 pm Eastern on May 1, 2024, PSI Executive Director Wendy Davis PhD, PMH-C and other PMH disorder experts and survivors will be available for ZOOM and PHONE interviews to discuss the following:**

- **Their individual heartfelt stories about suffering with Perinatal Mental Health disorders.**
- **Why PMH disorders go unreported and untreated.**
- **Why increasing awareness about perinatal mental health disorders can remove the stigma surrounding these disorders and save lives.**
- **Tips for loved ones to recognize the symptoms and bring comfort to and get help for someone struggling with a PMH disorder(s).**
- **How PSI's Helpline (1-800-944-4PPD) and free online resources, including a new Connect PSI app, provide critical support to new and existing mothers with no formal diagnosis required.**

**About Postpartum Support International**

Founded by a new mother in 1987 to increase awareness among public and professional communities about the emotional difficulties women can experience during and after pregnancy, Postpartum Support International (PSI) offers a wealth of resources for a wide range of needs, situations, and audiences to give families the strongest and healthiest start possible through support and community. PSI offers support, resources, best-practice training and certification for healthcare professionals and volunteer coordinators nationwide and in more than 30 countries. PSI is committed to eliminating stigma and ensuring compassionate and quality care and support are available to all families. Need help? Call 1-800-944-4PPD (4773), visit [postpartum.net](https://www.postpartum.net) or download the Connect PSI app in your app store.

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