HOW ARE YOU FEELING NOW?

While many women experience some mild mood change or "the blues" during or after the birth of a child, 10% to 15% of women experience more significant symptoms of depression or anxiety.

MOTHERS:

Are you feeling sad or depressed?

Is it difficult for you to enjoy yourself?

Do you feel more irritable or tense?

Do you feel anxious or panicky?

Are you having difficulty bonding with your baby?

Do you feel as if you are "out of control" or "going crazy"?

Are you worried that you might hurt your baby or yourself?

FAMILIES:

Do you worry that something is wrong but don't know how to help?

Do you think that she is having problems coping?

Are you worried that she may never get better?

Any woman can suffer from pregnancy or postpartum mood or anxiety disorders. However, with informed care you can prevent a worsening of symptoms and can fully recover. It is essential to recognize symptoms and intervene as soon as possible so that a mother can get the help she needs and deserves.

Postpartum Support International
6706 SW 54th Ave
Portland, OR 97219

Supporting Postpartum Families

Postpartum Support International
6706 SW 54th Ave / Portland, OR 97219
Support Warmline 1-800-944-4PPD (4773)
Office Phone: (503) 894-9453
Fax: (503) 894-9452
www.postpartum.net

Brochures available in English & Español
Find them at www.postpartum.net/resources

Remember

you are not alone
you are not to blame
with help, you will be well

Call our Warmline
1-800-944-4PPD

Visit us on the web
www.postpartum.net

Postpartum Support International is the world's largest non-profit organization dedicated to helping women suffering from perinatal mood and anxiety disorders. PSI was founded in 1987 to increase awareness among public and professional communities about the emotional difficulties that women can experience during and after pregnancy. The organization offers support, reliable information, best practice training, and volunteer coordinators in all 50 U.S. states as well as 26 countries around the world. Working together with its volunteers, caring professionals, researchers, legislators and others, PSI is committed to eliminating stigma and ensuring that compassionate and quality care is available to all families.

We Can Help
We Offer

PHONE SUPPORT
- 1-800-944-4PPD. PSI Warmline offers support, information, and resources in your community, in English or Spanish. Answered by staff during business hours, Pacific Time. *Leave a message any time*.
- "Chat with an Expert" phone sessions each Wednesday. Talk with other women and a PSI facilitator on a free, anonymous phone session. Details at www.postpartum.net

WEBSITE
- Information and Articles about Pregnancy and Postpartum Mood Disorders
- Comprehensive List of Free Support Groups
- Contact information for our knowledgeable local coordinators who will offer support, information, and resources
- Email Support from Caring Volunteers
- Guide to Resources on the Web
- Calendar of events in the perinatal mood disorders community
- Latest News and Research
- Member's Section for Access & Networking

PSI NEWSLETTER
- Quarterly newsletter with updates on PSI activities
- Best practices, women's stories and legislative issues
- Worldwide events and news

TRAINING
- Annual conference to discuss latest science, treatment approaches, research, and social support systems.
- Standardized training, manuals, and course certificates for professionals, volunteers, and support groups.

www.postpartum.net

Become a PSI Member - Help Build Healthy Communities

Membership and Donor Form

It is the mission of Postpartum Support International to promote awareness, prevention and treatment of mental health issues related to childbearing in every country worldwide.

(Please check all that apply)

❑ Yes, I wish to join PSI $_____

❑ I also wish to support PSI with a donation of $_____

❑ No, I don't wish to join at this time, however I wish to support PSI with a donation of $_____

Name_____

Profession _____ Date: _____

Address _____

City, State, Zip _____

Country_____

E-mail Address_____

Phone _____
(include area code and country code)

❑ VISA ❑ MC ❑ AMEX ❑ Check (made out to PSI)

CC # _____ Exp Date _____

Signature _____

Total Amount Charged or Enclosed $ _____

INDIVIDUAL *(NON-PROFESSIONAL)*	$60 US
SUPPORT GROUP	$75 US
PRACTICING PROFESSIONALS	$150 US
FOR-PROFIT ORGANIZATION/BUSINESS	$250 US
FULL-TIME STUDENT	$25 US

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Join Online at www.postpartum.net/become-member or send this form to the address above. We hope you join us as PSI spreads awareness!