



PSI Universal Message: You are not alone, you are not to blame, and with help you will be well.

Homepage Message: www.postpartum.net

We provide direct peer support to families, train professionals, and create a bridge between them.

PSI SUPPORT SERVICES link to local providers and groups:

- **TOLL-FREE HELP LINE: 800-944-4PPD. (800-944-4773).** Parents, families, and providers can call our helpline for information, support, and resources. In English and Spanish, every day.
- **PSI SUPPORT COORDINATORS:** PSI has more than 300 coordinators in 50 U.S. states and 40 countries, who offer support and resources, including referrals to local providers and support groups.
- **LOCAL VOLUNTEERS & RESOURCES:** PSI Support Map provides local help and resources in your area. <http://www.postpartum.net/get-help/locations/>

Support and Educational Services: <http://www.postpartum.net/about-psi/overview/>

- www.postpartum.net – PSI’s website receives more than 100,000 visitors a year who seek PSI for support, education and local resource information.
- 800.944.4PPD (4773) – PSI’s toll-free Help Line, in English and Spanish, serves more than 100 callers a month, and rapidly refers callers to appropriate local resources including emergency services.
- [Area PSI Support Coordinators](#) in all 50 U.S. states, Canada, and Mexico, and more than 36 other countries around the world. These support volunteers provide telephone and email support, information, and access to informed local resources.
- [Online Support Groups](#) in English and Spanish every week, led by trained PSI facilitators.
- [Standardized Training and Education](#) for hospitals, public health systems, clinical providers, support group leaders, social support volunteers, and others.
- [PSI Educational DVDs](#) for families and providers.
- [Free Phone “Chat with the Experts”](#) First Mondays for Dads and every Wednesday for Moms, facilitated by PSI Professionals.
- [Resources](#) for Women, Families, Students, and Professionals.
- [Links to multi-language resources](#)
- Membership Directory where you can update your own profile, and conduct a search for other PSI members by name, profession, location, or interest.

Connect with PSI online:

- **Website** www.postpartum.net
- **Online Support Groups** <https://www.supportgroupscentral.com/psi>
- **Facebook open page** <http://www.facebook.com/PostpartumSupportInternational>
- **Facebook Closed Group for support:** <https://www.facebook.com/groups/25960478598/>
- **Twitter** <https://twitter.com/PostpartumHelp>
- **You Tube** <https://www.youtube.com/postpartumvideo>
- **Vimeo: Educational DVDs** <https://vimeo.com/ondemand/postpartumvideo>