

# PSI RESOURCES

– SUPPORTED BY YOUR DONATIONS –

## Download PSI's new app



Connect by PSI



Connect with PSI for:

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



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**You are not alone**  
**You are not to blame**  
***With help, you will be well.***

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## CALL OR TEXT OUR HELPLINE

- Call 1-800-944-4773 (4PPD)
- English & Spanish
  - Text in English: 800-944-4773
  - Text en Español: 971-203-7773

Leave a confidential message any time, and a trained and caring volunteer will return your call or text. Our volunteers return messages during business hours. They will listen, answer questions, offer encouragement, and connect you with local resources as needed.

**DONATE TODAY**



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### CONNECT WITH A PSI SUPPORT VOLUNTEER

We have more than 400 local Support Volunteers who provide support, information, encouragement, and connection with local providers and support groups. Click the link to contact:

- [United States/Canada Coordinators](#)
  - [International Coordinators](#)
  - [Specialized Coordinators](#)
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### JOIN OUR PEER MENTOR PROGRAM

Receive dedicated support from a parent who has been in your shoes. Coping with mental health challenges during pregnancy and after the birth of your child can feel isolating. Join us today to be paired with a Mentor who's walked in your shoes. You don't have to do this alone.

- [Click here to learn more](#)
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### FIND A TRAINED PROVIDER ON OUR PSI DIRECTORY

Visit the PSI online directory of qualified perinatal mental health professionals and support groups. Moms, families, and providers can now quickly and easily identify trained perinatal mental health providers and support groups in their area.

- [Find a Provider Near You](#)
  - [Learn More About the PSI Directory](#)
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### JOIN A PSI SUPPORT GROUP

PSI Online Support Groups led by trained PSI facilitators, our online groups will connect you with other parents and provide helpful tools and resources. Whether you are going through stress, adjustment to parenting, baby blues, or pregnancy or postpartum depression/anxiety, our groups are here for you.

- [Register Here or Browse Available Groups](#)

**[DONATE TODAY](#)**



# PSI RESOURCES

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### CHAT WITH AN EXPERT

Join our weekly call and talk with a PSI expert about symptoms, resources, treatment options, and more. There is no need to pre-register or give your name. These sessions are facilitated by licensed mental health professionals and are open to anyone with questions and concerns.

- [Chat for Moms](#)
- [Chat for Dads](#)

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### INFORMACIÓN EN ESPAÑOL

Información esencial acerca del estado de ánimo perinatal y los trastornos de ansiedad incluyendo factores de riesgo, síntomas y tratamientos.

- [Conoce más](#)

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## ADDITIONAL RESOURCES

### IN AN EMERGENCY

- National Crisis Text Line: Text HOME to 741741 from anywhere in the USA, anytime, about any type of crisis.
- National Suicide Prevention Hotline: Call 988

Call for yourself or someone you care about; free and confidential; network of more than 140 crisis centers nationwide; available 24/7.

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### NATIONAL MATERNAL MENTAL HEALTH HOTLINE

- Call or Text 1-833-TLC-MAMA (1-833-852-6262)
- In English and Spanish

24/7, Free, Confidential Hotline for Pregnant and New Moms. Interpreter Services are available in 60 languages. (US Only).

TTY users can use a preferred relay service or dial 711 and then 1-833-852-6262.

**[DONATE TODAY](#)**