

# Perinatal Mood & Anxiety Disorder (PMAD) Resources

## Local Resources (WI)

- [Postpartum Support International- WI Chapter](#)
- [The Periscope Project](#)

## Medication Support

- [InfantRisk Center](#)
- [The Periscope Project](#)
- [Antidepressant Medication Chart](#)

## Symptom Lists

- [Do I Have a PMAD?](#)
- [The Symptoms of Postpartum Depression & Anxiety \(in Plain Mama English\)](#)

## Screening Toolkits

- [The Periscope Project Provider Toolkit](#)
- [How to Institute a Perinatal Mental Health Screening Program](#)
- [Edinburgh Scale- multiple languages](#)
- [Scary Thoughts Action Algorithm](#)

## Informational Videos

- [The Motherhood Center | I am Scary Mommy](#)
- [Rooted LLC: Perinatal Anxiety & Risk Webinar](#)
- [Postpartum Wellness - Seeking Treatment](#)

## Discussion Tools / Fact Sheets

- [Maternal Mental Health Alliance Fact Sheets](#)
- [Self Risk Assessment During Pregnancy- The Postpartum Stress Center, LLC.](#)
- [Maternal Mental Health Conditions- MMHLA](#)
- [Perinatal Depression, Anxiety Info Sheet & Maternal Wellbeing Plan- multiple languages](#)
- [New Moms Mental Health Checklist](#)
- [Postpartum Support International Discussion Tool](#)
- [Key Clinical Considerations](#)

## Useful For Patients/Clients

- [What Can I Do To Feel Better Now?](#)
- [The Postpartum Pact- Helping a Loved One](#)
- [The Fourth Trimester Project's My Postpartum Plan](#)
- [Dads and Depression](#)

## Provider Trainings

- [Postpartum Support International Perinatal Mental Health Certification](#)
- [The Postpartum Stress Center Professional Perinatal Training Program](#)
- [Seleni CE Training](#)
- [Ingram Screening](#)
- [The Periscope Project Education Modules](#)



# Perinatal Mood & Anxiety Disorder (PMAD) Resources

## PSI ONLINE SUPPORT GROUPS SCHEDULE

### WEEKLY GROUPS:

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| <p><b>MON:</b></p> <ul style="list-style-type: none"> <li>• Perinatal Mood Support for Moms</li> <li>• Pregnancy after Loss</li> <li>• Postpartum Psychosis Support for Moms</li> <li>• Pregnancy &amp; Infant Loss Support for Parents</li> <li>• Perinatal Mood Support for Parents</li> </ul> <p><b>TUE:</b></p> <ul style="list-style-type: none"> <li>• Perinatal Mood Support for Moms</li> <li>• Perinatal Mood Support for Parents</li> <li>• Apoyo Perinatal</li> <li>• Black Moms Connect</li> <li>• Pregnancy Mood Support</li> <li>• Perinatal OCD Support for Moms</li> </ul> <p><b>WED:</b></p> <ul style="list-style-type: none"> <li>• Perinatal Mood Support for Moms</li> <li>• Queer &amp; Trans Parents</li> <li>• Pregnancy Mood Support</li> <li>• Perinatal Bipolar Support</li> </ul> | <p><b>THU:</b></p> <ul style="list-style-type: none"> <li>• Perinatal Mood Support for Moms</li> <li>• NICU Parents</li> <li>• Fertility Challenges</li> <li>• Termination for Medical Reasons</li> <li>• Pregnancy &amp; Infant Loss for Parents</li> </ul> <p><b>FRI:</b></p> <ul style="list-style-type: none"> <li>• Pregnancy &amp; Infant Loss for Moms</li> </ul> <p><b>SUN:</b></p> <ul style="list-style-type: none"> <li>• Black Moms Connect</li> <li>• Perinatal Mood Support for Parents</li> </ul> |
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### BI-MONTHLY GROUPS:

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| <ul style="list-style-type: none"> <li>• 1st &amp; 3rd Thursday - Desi Chaat (South Asian Moms)</li> <li>• 1st &amp; 3rd Friday - Dads Support</li> <li>• 1st &amp; 3rd Sunday - Post-Abortion Support</li> </ul> | <ul style="list-style-type: none"> <li>• 2nd &amp; 4th Tuesday - Early Pregnancy Loss Support for Moms</li> <li>• 2nd &amp; 4th Wednesday - Special Needs &amp; Medically Fragile Parenting</li> <li>• 2nd &amp; 4th Wednesday - Military Moms (Pregnancy &amp; Postpartum)</li> <li>• 2nd &amp; 4th Sunday - Parents of Multiples</li> </ul> |
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### MONTHLY GROUPS:

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| <p><b>1ST:</b></p> <ul style="list-style-type: none"> <li>• 1st Sunday - Support for Families Touched by PPP</li> <li>• 1st Wednesday - Birth Moms</li> </ul> <p><b>2ND:</b></p> <ul style="list-style-type: none"> <li>• 2nd Monday / Lunes - Spanish Solo Mama: Madres Independientes</li> </ul> | <ul style="list-style-type: none"> <li>• 3rd Wednesday - Mindfulness</li> </ul> |
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SCAN HERE FOR UP-TO-DATE SCHEDULE



Current as of 3/22/22

Postpartum Support International | [www.postpartum.net](http://www.postpartum.net) | 800.944.4773

**Moms Mental Health Initiative - Circle of Hope (SE WI Moms)**

**Group Peer Support**

**The Motherhood Center Support Groups**

**The Motherhood Collective**

**Healing Waters- African American Breastfeeding Network Pregnancy & Infant Loss**



Visit [momsmentalhealthmke.org](http://momsmentalhealthmke.org) for more information about what we offer to moms, their families and their medical team.