



PA PQC Supplementary Virtual Learning Session **Postpartum Psychosis: Practical Considerations for the PA PQC**

Resources from the Session

The Policy Center for Maternal Mental Health is a national nonprofit that focuses on policy and research for standardized and evidence-based maternal mental health care. They composed a checklist for postpartum psychosis symptoms and warning signs. This list explains what providers and families should look for, how postpartum psychosis is evaluated, and what treatments are available.

- [Policy Center for Maternal Mental Health Postpartum Psychosis Checklist](#)

Postpartum Support International provides an online peer-to-peer support group for postpartum psychosis survivors for moms and birthing people. They are an international organization that strives to increase awareness among public and professional communities about the emotional changes women experience during pregnancy and the postpartum period.

- [Pregnancy and Postpartum Psychosis Support for Survivors](#)

Mass General Center for Women's Mental Health published an article defining what postpartum psychosis looks like in patients and outlining signs and symptoms. They also provide hotlines for postpartum and maternal mental health support.

- [MGH Center for Women's Mental Health – Understanding Postpartum Psychosis](#)

Mass General Center for Women's Mental Health released an episode titled “What Should We All Know about postpartum psychosis?” on their *So Glad You Asked* Podcast. This episode includes discussion with postpartum psychosis survivors and information regarding evaluation, treatment, and recovery.

- [MGH Center for Women's Mental Health - Podcast with Survivors Postpartum Psychosis](#)

Mass General Center for Women's Mental Health created a webpage that houses articles, research, and survivor stories related to postpartum psychosis.

- [Massachusetts General Hospital Postpartum Psychosis Project \(MGHP3\)](#)

Reproductive Psychiatry Trainee Interest Group is a recent group that connects and educates medical students, residents, and fellows interested in women's mental health. The group hosts speakers, plans social events, and provides networking opportunities for careers and fellowship.

- [Reproductive Psychiatry Trainee Interest Group](#)

The Infant Risk Center is a website run by Texas Tech University Health Sciences Center. They have a helpline for both physicians and parents and articles relating to breastfeeding, perinatal nutrition, pregnancy, and research opportunities.

- [Infant Risk Center](#)

Recommended Media

- Book: [Inferno – Katherine Cho](#)
- Documentary: [More than Blue - MGH](#)