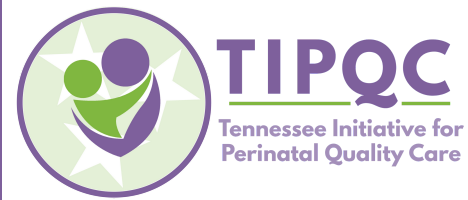


# The Impact of the Tennessee Initiative for Perinatal Quality Care Postpartum Support International (PSI) Program



www.tipqc.org

## PROBLEM .....

While many parents experience some mild mood changes during or after the birth of a child, 15 to 20% of women experience more significant symptoms of depression or anxiety. Symptoms can appear 12 months after childbirth.

## ACTION .....

In June 2021 TIPQC provided 106,935 PSI Brochures and (refrigerator) Magnets in English and Spanish to 44 birthing hospitals across the state of Tennessee. The brochures describe normal feelings and causes and symptoms of mood and anxiety disorders and where to find support. The magnets provide a helpline for support.

## EXPLANATION OF IMPACT .....

PSI receives at least 6 calls/texts per month from help seekers in Tennessee seeking support for mood and anxiety disorders – many help seekers do not share their location information.

## WHO WAS RESPONSIBLE .....

The collaborative and statewide efforts of TIPQC and the participating 45 TN birthing hospitals have all contributed to this improvement.

## CONTACT .....

For more information, please contact Brenda Barker, TIPQC Executive Director, at [brenda.barker@tipqc.org](mailto:brenda.barker@tipqc.org), or visit our website at [www.tipqc.org](http://www.tipqc.org).

### Project Statistics

# 15-20%

of women experience symptoms of postpartum depression or anxiety

# 106,935

PSI brochures and magnets were provided



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