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Postpartum Support International Holds Annual Climb® Event June 23 in New City, NY

Climbs held worldwide to raise awareness of perinatal mental health

New City, NY, Sunday June 23 – PSI’s The Climb®, the world’s largest event raising awareness of pregnancy and postpartum mental health disorders, will hold a regional Climb with Team Rockland in New City at Kennedy Dells Park Pavilion on June 23. Survivors of postpartum depression (PPD), anxiety, OCD, bipolar disorder, and psychosis from all over the world will walk, stroll or climb together at a local park or hiking trail to symbolize their collective rise out of the darkness. Participants will raise funds for [Postpartum Support International \(PSI\)](https://www.postpartum.net), a nonprofit organization and online community of support resources for parents around the world. Our events are unique from other health walks, because our communities include the people who have suffered from a mental health complication and the doctors, therapists, hospital administrators, researchers and other professionals walking arm in arm.

Everyone is invited to participate in their local Climb®. Team Rockland’s event is to be held at Kennedy Dells Park Pavilion in New City June 23 at 10am. Participants must register prior to the event at <https://give.postpartum.net/rockland>. Sponsorships from local businesses are also being accepted. Please contact local Climb Leader, Elizabeth Bretz, at 845-202-9881 or climboutrockland@gmail.com for more information on sponsorships that will help support the Climb. You can also follow Team Rockland on Instagram [@climbrockland](https://www.instagram.com/climbrockland). There will be family fun activities for all ages, vendor tables with businesses and providers that support new parents, and giveaway prizes.

“It is an exciting time for The Climb, and a growing awareness worldwide of the mental health needs of new and expecting parents,” said Wendy N. Davis, Executive Director of Postpartum Support International. “Working together, we are improving the safety net for families around the world. This event unifies those suffering, survivors, doctors, and therapists, in the fight against perinatal mental health complications. We hope you will join us.”

Money raised by the Climb will support PSI’s goal to provide funds to PSI and its State Chapters, provide low-cost training in perinatal mood disorders for providers in underserved areas, train law enforcement and legal experts, mentor peer supporters and group leaders, and train primary healthcare providers. To learn more about PSI’s The Climb®, visit [postpartum.net/climbout](https://www.postpartum.net/climbout) or contact the local Climb Leader, Elizabeth Bretz, at 845-202-9881, via email at climboutrockland@gmail.com, or follow on Instagram [@climbrockland](https://www.instagram.com/climbrockland).

About Postpartum Support International

Postpartum Support International (PSI), founded in 1987, is the leading organization dedicated to helping women and families suffering from perinatal mental health disorders. We provide direct peer support to families, train professionals in perinatal mental health assessment and treatment, and provide a bridge to connect families with those specialists. PSI has professional and lay members in every US State and 49 other countries. For more information, visit

www.postpartum.net, follow on Twitter at @postpartumhelp or like our Facebook page at www.facebook.com/PostpartumSupportInternational & www.facebook.com/PSIClimbOut

CALENDAR EDITORS, PLEASE NOTE:

Postpartum Support International holds its twelfth annual Climb® with Team Rockland in New City to raise awareness of perinatal mental health disorders

What: PSI's The Climb® is the world's largest event raising awareness of pregnancy and postpartum mental health disorders such as postpartum depression (PPD), anxiety, bipolar disorders, OCD and psychosis. As part of the Climb, survivors, friends, families and support professionals around the world climb, hike, or walk together at a local mountain or park to symbolize their collective rise out of the darkness. Participants raise funds for Postpartum Support International, a nonprofit organization dedicated to supporting pregnant and postpartum families around the world.

Where: Kennedy Dells Park at the Pavilion in New City, NY **When:** Sunday June 23, 2024 at 10am

For more information: Visit postpartum.net/climbout/ or contact local Climb Leader, Elizabeth Bretz, at 845-202-9881, email at climboutrockland@gmail.com, or follow on Instagram [@climbrockland](https://www.instagram.com/climbrockland)