The International Association for Premenstrual Disorders (IAPMD) is a 501(c)(3) nonprofit organization. Every person in the IAPMD family, from our staff to board to our donors, contributes to our mission to inspire hope and end suffering for those with premenstrual disorders. We’re proud of all we’ve accomplished since our founding in 2013, and we’re grateful to everyone who has joined us to fight for a world where people with premenstrual disorders can not only survive, but thrive.

“...I found IAPMD while at an all-time low. It saved my life. With information, hope and support I was able to find light and a reason to continue. I continue to use their resources on a monthly basis to keep my head above water. This nonprofit deserves the recognition of the world!”

— IAPMD Community Member, Dec 2020

2020 by the numbers

**400K**

Individuals visited iapmd.org in 2020 for information, resources, & support

**25K**

People utilized IAPMD peer support groups online

**3200**
Free, one-to-one support sessions provided by our peer support team

“This community has honestly changed my life and helped me find the treatment I needed. It makes a world of difference to feel heard by others, and to feel truly seen. Especially with an issue so often misunderstood by the mainstream.”

— Support Group Member, Oct 2020

2020 Highlights
Event Apr 1, 2020
PMDD Awareness Month 2020 #IgniteTheFightPMDD
Event Apr 1, 2020
Event Apr 1, 2020
News Apr 1, 2020
News Apr 1, 2020
Information & Resources May 22, 2020
Information & Resources May 22, 2020
Information & Resources May 22, 2020
News Jul 21, 2020
' My periods made me suicidal’ - BBC News feature on PMDD
News Jul 21, 2020
News Jul 21, 2020
News
"Lived Experience & Stigma of PMDD" with Rachel Forster, Dr. Hannah Short, and Dr. Arianna Di Florio

News

Aug 12, 2020

Information & Resources

Sep 14, 2020

Glossary: The A to Z of PMDD & PME

Information & Resources

Sep 14, 2020

Information & Resources

Sep 14, 2020

Event

Oct 17, 2020

Ignite Your Fight Virtual Race

Event

Oct 17, 2020

Event

Oct 17, 2020

Announcement

Oct 20, 2020

Introducing our first-ever IAPMD Ambassador: Grace

Announcement

Oct 20, 2020

Announcement

Oct 20, 2020

Information & Resources

Nov 4, 2020

Bipolar Disorder & PMDD

Information & Resources

Nov 4, 2020

Information & Resources

Nov 4, 2020

Information & Resources

Nov 13, 2020

Transgender & PMDD

Information & Resources

Nov 13, 2020

Information & Resources

Nov 13, 2020
If I’d been born into a red tent, maybe none of this would have happened.

When I first felt the physiological pinch of haywire hormones, PMDD had not yet been considered, much less featured in the DSM. That didn’t happen until 2013, by which time I’d been dealing with its effects for two decades.
Steph Cullen
PMDD and Me
Aug 19, 2020
Steph Cullen
“If you took away my illnesses, I would probably be envied for my picket fence tableau. Yet every month, without fail, with no real rhyme or reason, I still feel like I want to die. I still feel like I cannot breathe. I feel as though the very foundations of my life are crumbling.”

Read More →
Aug 19, 2020
Steph Cullen
Jun 16, 2020
Danielle Stevenson
Living in Lockdown with PMDD
Jun 16, 2020
Danielle Stevenson
Living with PMDD and having to stay at home felt like a whispered prayer being answered until overwhelming anxiety and grief set in. I had to take charge and redesign what lockdown looked like for me.

Read More →
Jun 16, 2020
Danielle Stevenson
Apr 7, 2020
Jaley Hardy
Navigating Relationships with PMDD
Apr 7, 2020
Jaley Hardy
It takes work, time, and love, but PMDD doesn't have to ruin our lives or our relationships when we have the awareness, tools, and strategies in place to take care.

Read More →
Apr 7, 2020
Jaley Hardy
Mar 18, 2020
Liisa Hantsoo, Ph.D.
Coping with Coronavirus
Mar 18, 2020
Liisa Hantsoo, Ph.D.
Between social distancing, working from home, and school or daycare closures, many people’s routines have been upended. Here are a few suggestions from our Clinical Advisory Board on how to cope in this time of change and uncertainty.

Read More →
Mar 18, 2020
Liisa Hantsoo, Ph.D.

Mar 16, 2020
Sofia Fortunato

Serenity, where have you been?
Mar 16, 2020
Sofia Fortunato

I know the immense serenity I feel is due to the little baby growing inside me...But unfortunately, I know that after the pregnancy is over, PMDD will be back to attack. And as you can imagine, I don't want PMDD symptoms back in my life...

Read More →

Mar 16, 2020
Sofia Fortunato

Feb 3, 2020
Jane Sim

Completely Loving Myself by Accepting PMDD
Feb 3, 2020
Jane Sim

“Learning how to completely accept my life with PMDD was the missing piece I needed to move forward.” Jane shares her story of finding ways to cope with and manage PMDD through acceptance, self-love, and a healthy lifestyle.

Read More →

Feb 3, 2020
Jane Sim

“This website is a resource I return to again & again. Always there when I need extra support or information. I want to thank those who run it from the bottom of my heart. You have helped me be a more aware, informed & happier me. You are angels in disguise!!”

— Katy, UK, Dec 2020

2020 Revenue

2020 Revenue

- Foundation/Grants $80,000
- Individuals $50,000
- In-Kind Contributions $37,000
- Membership $5,000
- Corporate $3,000
- Product Sales $1,200
- Other $200

**Total Revenue $176,400**

**2020 Expenses**

**2020 Expenses**

- Programs $77,750
- Core Mission Support
  - Administration & Fundraising $72,850
- Printing, publications, postage, and shipping $1,300
- Utilities $270

**Total Expenses $151,900**

[View our U.S. Tax Returns »](#)

“The heart you all have to continue holding the flag for the countless women suffering or losing their battles with this disease astounds me. You are the essence of what it means to be true heroes. You fight for those who have no fight left.”

— Brie, Canada, April 2020

[Donate now »](#)