



PSVa Today -- April 2017

PMAD Statistics

CORRECTION: 100,000

babies born in Virginia each year

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PSVa Mission

Help new and expectant mothers and their families overcome anxiety, depression, and other perinatal mood and anxiety disorders (PMADs).

PSVa Vision

Every childbearing woman in Virginia will receive information about perinatal mood and anxiety disorders (PMADs) and have access to help.

Hope&Help Hero

Sarah Kleiner



20%

PERCENTAGE OF CHILDBEARING WOMEN WHO WILL EXPERIENCE PMADs

30-50%

PERCENTAGE OF WOMEN IN HIGH-RISK POPULATIONS WHO WILL EXPERIENCE PMADs

*women with high risk pregnancies or babies in the NICU
women in low-income and immigrant communities*

SUICIDE

the leading cause of

DEATH

for women in the first year postpartum

30

average number of times a woman will see a healthcare provider from conception to baby's first birthday yet most women experiencing PMADs still go undiagnosed and untreated

Annual Diagnosis For Major Illness in the US

Diabetes 800,000

Stroke 300,000

Sarah Kleiner is a reporter covering mental health issues for the *Richmond Times Dispatch* where she penned an article about a recent Maternal Mental Health Symposium in Richmond. Sarah previously was a business reporter for *The Virginian-Pilot* in Norfolk and was inducted into the E.W. Scripps hall of fame in 2010 for her work at the *Abilene (Texas) Reporter-News*. Sarah is a Texas native and a mom of two who loves to paint and listen to jazz music. Keep an eye out for more from Sarah about PMADs in May. *Thank you, Sarah, for shedding light on PMADs.*

Advocacy Days May 17-18, 2017



Join PSVa and scores of other PMAD advocates on Capitol Hill. The [National Coalition for Maternal Mental Health](#) is hosting a luncheon, reception, and briefing on May 17. We will be storming the offices of our elected officials on May 18 to encourage them to fund programs addressing PMADs. Learn more [HERE](#).

Sip&Shop
April 25, 7-9 pm
2107 N. Pollard St.
Arlington

Breast cancer 230,000
PMADs 1.3 million

\$22,000

annual cost per mother/infant pair
of **NOT** treating PMADs

lost wages, unnecessary visits to the ER and doctor's office, treating poor health outcomes in children

IN VIRGINIA

100,000 babies are born each year
20,000 women will experience PMADs
at a cost of **\$440 million**
in lost wages and productive and
addressing poor birth outcomes

PSVa PROVIDES

21
FREE support groups led by over
50
specially-trained volunteers

WARMLINE
Responding to calls and emails from moms
within 24 hours

Referrals to
150+
mental health providers with education
and experience treating PMADs



Our good friends at Company Flowers are hosting a Sip&Shop...just in time for Mother's Day! Stop by and purchase gifts and cards for Mother's Day, graduations, and other spring events. Fill out a postcard with your "wish list" for Mother's Day and Company Flowers will send to the important people in your life. And Company Flowers will donate a portion of sales to PSVa.

OUTREACH & EDUCATION

Annual conference
Volunteer training sessions
Info sessions for healthcare providers,
birth professionals, community stakeholders

Hope and help for new mothers



www.postpartumva.org

DONATE