

# PSVa Today November 2015

## PSVa Publications

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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 Heroes



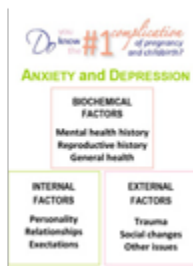
Special thanks to Bill and Brigid Brakefield (with Benson) for donating \$5,000 to PSVa to spark the wildly successful

## PSVa PRINT MATERIALS

*All available to download FREE!*



**Fact Sheet** includes information about perinatal mood and anxiety disorders, including signs and symptoms. The Fact Sheet can be customized to include local contact information for PSVa support groups. Several hospitals include the Fact Sheet in the discharge paperwork for new moms.



**Predictors and Risk Factors** shows the wide range of factors that can contribute to perinatal mood and anxiety disorders. These include physiological factors, external stressors, and inherent personality traits. PMADs are the "perfect storm" of changes in hormones, environment, and expectations.



**Path to Wellness** provides information about getting well, including self-care, social support, talk therapy, and medication. All women experiencing PMADs can recover with a combination of these four interventions.

#24HourDonationChallenge.  
The Brakefields have been amazingly generous to PSVa -- hosting events, donating as members of the Founders Fund, and raising awareness about PMADs .

*Thank you, Bill and Brigid, for your support and friendship!*

### Start the Holiday Season with PSVa

Join us for drinks and nibbles at Company Flowers in Arlington. Learn 20 ways to wear a scarf...win an awesome gift during hourly raffles...and see the amazing flowers available at this charming neighborhood store.

*November 12, 7-9 pm  
2107 North Pollard Street  
Arlington VA 22207  
25% of sales benefit PSVa*



**The Realistic Postpartum Plan** is a 10-page workbook to help plan for practical changes when baby arrives. Topics include sleep, meals, childcare for older siblings, and time off from parenting.

## SHOP FOR THE HOLIDAYS

*Avoid Black Friday crowds and shop with PSVa.*

Do you love shopping on Amazon? Now you can support PSVa as you shop. PSVa is an official Amazon Smile participant. Here's how it works....go to **AmazonSmile** and select Postpartum Support Virginia. The AmazonSmile Foundation will donate 0.5% of eligible AmazonSmile purchases to PSVa.

Find the perfect gift for the special ladies in your life. Check out PSVa's line of **jewelry** and other **gift items** including ornaments, wine coozies, and coasters. Avoid the crowds....and shop from the comfort of home!



*Hope and help for new mothers*



[www.postpartumva.org](http://www.postpartumva.org)

**DONATE**