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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.

Suicide Risk Factors

- Isolation
- Prolonged stress
- Substance abuse
- Access to firearms
- Recent tragedy or loss
- Family history of suicide
- History of trauma or abuse
- Agitation and sleep deprivation
- Serious/chronic medical illness

[Learn more **HERE**.](#)

ALERT

This newsletter contains information about suicide, which might be upsetting or disturbing. STOP NOW if you are feeling vulnerable.

Suicide Facts in the Postpartum Period

Suicide is the #1 cause of death for women in the first year postpartum. More women will die by suicide than hemorrhage. Learn more [HERE](#).

Women attempt suicide more often than men, but typically use less lethal means, such as overdose or cutting -- **EXCEPT** in the postpartum period, when women use more lethal means, such as using a gun or jumping off a building. Learn more [HERE](#).

Approximately 400 women in the United States will end their lives each year as a result of PMADs. Most don't want to die; they feel like their families would be better off without them. Read what one mother says about her suicide attempt [HERE](#).

Shelane Gaydos



Shelane Dawn Gaydos was a strong, energetic, intelligent, beautiful and warm woman -- wife to Brian and mother to Nadia,

Suicide Warning Signs

Social withdrawl
Aggressive behavior
Dramatic mood swings
Increased alcohol / drug use
Impulsive / reckless behavior

Threats / comments about killing oneself, such as:
"you would be better off without me" or
"I wish I wasn't here"

[Learn more HERE.](#)

Talking To A New Mom

Ask a new mom how she is REALLY doing. Ask her if she has any thoughts of hurting herself or someone she loves.

Tell her she shouldn't feel embarrassed or ashamed.

Asking about these thoughts won't cause her to have these thoughts; instead it will give her an opportunity to let you know if she is struggling.

Then connect her with help:
[Suicide Prevention Lifeline](#)
[Postpartum Support Int'l](#)
[Postpartum Support VA](#)



Sofia, and Olivia -- who tragically ended her life in June 2015 after a miscarriage.

Shelane's friends, family, and fellow Fairfax County police officers are hosting a 5K and Kids Fun Run to raise awareness about PMADs. This is the **first-ever** road race in Virginia dedicated to this issue. Activities will include family-friendly games, booths, and more. Learn more [HERE](#).

Shelane's Run

Saturday, October 29 8:30 am
Fairfax County Government Center

Allison Goldstein



Allison Goldstein -- a 32-year-old Richmond native -- seemed to have it all: a loving marriage and a beautiful baby girl named Ainslee. Sadly, Allison privately battled postpartum depression and ended her life in June. Allison's parents, Dave and Carol, along with her sister Mallory bravely spoke about this tragic loss of a beautiful life on [Richmond's NBC 12](#). Watch their story [HERE](#). Allison's family hopes sharing their story will save someone else's life.

Hope and help for new mothers



www.postpartumva.org

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