PSVa Today December 2015

2015 Year in Review

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
Hilda Templeton, MD, has had a long career working with women experiencing PMADs, most recently as a

PSVa By The Numbers

- 275 women received help from PSVa
- 15 support groups
- 24 volunteer support group leaders
- 1,404 volunteer hours valued at $32,000
- $4,650 value of donated space for support groups

Costs of Providing Services

- $1 Provide an information packet to a new mom
- $15 Help someone via phone or email
- $100 Train a volunteer
- $168 Host one support group meeting
- $250 Provide info session to a doctor's office
- $1,025 Host a one-day volunteer training session
- $2,500 Provide year supply of Fact Sheets to a hospital

Each Year in the United States

- 6.5 million pregnancies
- 4 million babies born
psychiatrist in private practice in Roanoke (where she also consulted to the Carilion Clinic). Hilda's LinkedIn page now lists her as "Happily Retired". We are so grateful to Hilda for her years of helping new and expectant mothers overcome anxiety and depression. All the best in this next phase in life!

Let PSVa Help With Holiday Shopping!

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!

Support PSVa as you shop for the holidays! Here’s how: go to AmazonSmile and select Postpartum Support Virginia. AmazonSmile will donate 0.5% of eligible AmazonSmile purchases to PSVa.

1 million women will experience PMADs

400 new mothers will commit suicide

More women will experience PMADs than the combined number of new cases of Alzheimer's + Parkinson's + Tuberculosis + Leukemia

Sources:
Postpartum Progress, Centers for Disease Control
Postpartum Depression for Dummies (Bennet)

Thank You to Our Generous Donors

290 Individual donations valued at $55,946

$4,800 from 100WomenWhoCare / NoVa Chapter

4 Grants valued at $16,000
The Dominion Guild
Community Foundation for Northern Virginia
Williamsburg Community Foundation
Williamsburg Health Foundation

Hope and help for new mothers

www.postpartumva.org
DONATE