We Want You! To Volunteer!

Volunteers are the heart and soul of PSVa. If you have been impacted by PMADs (perinatal mood and anxiety disorders), please help other women and families overcome these illnesses.

Interested in learning more? Email PSVa’s Volunteer Coordinator, Suman Kapur, at skapur@postpartumva.org.

On The Front Lines

Social support volunteers provide direct support to women and families seeking help in overcoming PMADs by leading support groups and providing one-on-one support via telephone or email.

Requirements. First-hand knowledge or experience with PMADs. PSVa provides an 8-hour small group training. Volunteers provide kindness and compassion, empathy and understanding, information and resources.

Opportunities. PSVa needs:

- Moms on Call: respond to phone calls and emails; can be done from any location.
Shelane Dawn Gaydos was a strong, energetic, intelligent, beautiful and warm woman -- wife to Brian and mother to Nadia, 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.

**Saturday, Oct 29 8:30 am Fairfax County Govt Center**

Learn more [HERE](#).

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**Support group leaders**: additional leaders are needed for groups in Fredericksburg / Stafford, Norfolk, and Virginia Beach. Interested in starting a support group? PSVa is here to help!

**Spanish-speaking volunteers**: provide support and information to Spanish-speaking women

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**Behind The Scenes**

Equally important are those who help behind the scenes with social media, outreach, fundraising, and administrative efforts.

**Requirements.** Willingness to help!

**Opportunities.** Many hands make light work!

- **Outreach to mothers’ groups.** Interested in sharing your story with other new mothers? PSVa Ambassadors will connect with local mothers’ groups to educate new moms about PMADs and share PSVa’s resources.
- **Outreach to doctors’ offices.** Maternal-child healthcare providers need to know about PSVa’s support groups and share this information with their patients. PSVa needs help in identifying obstetric and pediatric practices, setting up training sessions, and providing materials.
- **Grants.** Do you know how to write grants? PSVa needs help identifying grantors and writing persuasive proposals.
- **Print material.** PSVa needs a volunteer to respond to requests for Information Cards and other print material.

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**Aid in Research**

Help researchers find out what REALLY causes PMADs by participating in one of several studies currently underway.

**Requirements.** Be a PMAD survivor.

**Opportunities.** Several studies are currently underway:

- **NIMH** (National Institute of Mental Health) is studying the effect of hormones on women’s moods, including studies of postpartum depression. Learn more [HERE](#).
- **PPD ACT** (Postpartum Depression: Action Towards Causes and Treatments) is an international research...
Have something you want to share? Email info@postpartumva.org.

BECOME A PSVa FACEBOOK FAN

Hope and help for new mothers

www.postpartumva.org DONATE

• **NPRAD** (National Pregnancy Registry for Antidepressants) is gathering information about the safety of antidepressant use during pregnancy for both mother and baby. Learn more [HERE](#).

• **4th Trimester Study** at the University of North Carolina is seeking women to identify and address challenges women face during the 4th trimester (the first 12 weeks of baby’s life). Learn more [HERE](#).