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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.



Danielle Cauley, LPC

PSVa Today July 2017 *We Want You!*



We Want You..To Give Us Feedback

Are you a mom who has received support from PSVa? Then we want to hear from you! Please take this short survey (less than 5 minutes) to help us improve our support to new moms.

Click [**HERE**](#) to take this short survey.

We Want You... To Volunteer

Volunteers are the heart and soul of PSVa. If you have been impacted by PMADs, please help other women and families overcome these challenges. Specific needs include:

NICU Group Facilitator. We recently launched a support group at INOVA Fairfax Hospital for moms who have had a baby in the NICU and suffered from PMADs. We are looking for a mom who has both NICU and PMAD experience to share her perspective with moms in the group. The group is led by an experienced PSVa volunteer and Family Support Specialists from the March of Dimes.

Support Group Leaders. Additional leaders are needed for groups throughout the state. Our goal is to have a support group at EVERY hospital providing maternity services. Support groups are a FREE community-based resource that help reduce isolation, shame, and stigma.

Danielle recently joined PSVa as our Williamsburg Coordinator, Danielle is a new mom, a PMAD survivor, and a Licensed Professional Counselor -- she's perfect for the job! She will be leading a support group, training new volunteers, providing outreach to maternal-child healthcare providers, and coordinating with community resources. We are thrilled that Daneille is providing hope and help to new mothers and families in Williamsburg.



Shelane's Run

The 2nd Annual Shelane's Run to spread awareness for Postpartum Depression Disorders is Saturday, October 21, 2017 at the Fairfax Government Center. Proceeds benefit PSVa. Register [HERE](#).

Outreach to Doctor's Offices. We need help distributing educational material to doctors' offices -- specifically obstetricians and pediatricians. Women see these providers on average 30 times during pregnancy and first year postpartum.

*Interested in learning more?
Email PSVa's Volunteer Coordinator, [Suman Kapur](#)*

We Want You...To Help With Research

Help researchers learn more about causes of and treatments for PMADs by participating in one of these studies:

PPD ACT (Postpartum Depression: Action Towards Causes and Treatments) is an international research study to help researchers understand why some women suffer from PMADs and postpartum psychosis.

NPRAD (National Pregnancy Registry for Antidepressants) is gathering information about the safety of antidepressant use during pregnancy for both mother and baby.

THE HUMMINGBIRD STUDY is evaluating a new medication to treat moderate-to-severe postpartum depression.

We Want You...To Donate

All services provided to moms and families are FREE, including 21 support groups throughout the state, a warmline where volunteers respond to calls and emails within 24 hours, and referrals to mental health providers we carefully screen. Help keep us in business!

\$50 helps a new mom

\$168 funds one support group meeting

\$1025 provides an 8-hour volunteer training session

\$2500 provides a year's supply of PMAD educational materials to a hospital

DONATE

www.postpartumva.org

DONATE

