



PSVa Today March 2016

PMADs Are Picking Up Steam

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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 Hero: Dr. Walter Chun



Dr. Chun

It seems every day there is a new article or study or announcement about PMADs (perinatal mood and anxiety disorders).

Here's a roundup of important news...

Bringing Postpartum Depression Out of the Shadows Act (HR 3235 / S2311)

The United States Congress is currently pursuing legislation that would increase and improve treatment for women experiencing postpartum depression and other perinatal mood and anxiety disorders. Every week, additional legislators add their names as co-sponsors of the bill and influential organizations like the March of Dimes add their support.

TAKE ACTION: Click [HERE](#) to contact members of your Congressional delegation to encourage them to support the bill.

PPD Act: Postpartum Depression Action Towards Causes and Treatment (PACT)

PPD Act is a research study developed by Postpartum Depression: Action Towards Causes and Treatment (PACT) Consortium, an international group of academic clinicians and scientists committed to understanding the interaction of genes and environment to predict which women are at risk of postpartum depression (PPD) and other perinatal mood and anxiety disorders (PMADs). The study aims to help researchers understand why some women suffer from PPD and postpartum psychosis (PPP) and others do not - critical knowledge that will improve detection, prevention and treatment of these conditions.

Dr. Chun -- a pediatrician at [Richmond Pediatric Center](#) -- has initiated a program at his large pediatric practice to screen mothers for postpartum depression. Moms will be given the Edinburgh Postnatal Depression Screening tool at well-baby visits, and will also be given [PSVa's Path To Wellness](#).

Thank you, Dr. Chun, for helping raise awareness about PMADs and helping new moms find help.

UPCOMING EVENTS

Workshop for Mental Health Professionals **April 7, 2016**

PSVa is hosting a one-day workshop for mental health professionals in Williamsburg VA on Thursday, April 7. Interested in learning about PMADs and expanding your practice to treat women experiencing them? Click [HERE](#) to learn more and register. Limited to 15 participants.

Climb Out of the Darkness

June 17, 2016

This is the world's largest event aimed at raising awareness about perinatal mood and anxiety disorders (PMADs) with Climbs happening worldwide. Click [HERE](#) to learn more and support a Climb in your area.

TAKE ACTION: [Join the PPD ACT study](#) to help find the cure.

Mom's Mental Health Matters: National Institute of Health Initiative

The National Institute of Health (specifically, the Eunice Kennedy Shriver National Institute of Child Health and Human Development) has launched an initiative addressing maternal mental health. Using the slogan "It's not just postpartum; it's not just depression," the initiative brings together various national organizations that address maternal-child health care and provides information for new moms and the health care professionals who serve them.

TAKE ACTION: Click [HERE](#) to learn more about the initiative, including how to get posters and other print material.

National Coalition for Maternal Mental Health

The National Coalition for Maternal Mental Health (NCMMH) is dedicated to helping every mother and baby thrive. NCMMH is sponsoring two important initiatives in May:

MAY CAMPAIGN. During the first week of May (May 2-6), the NCMMH will be changing the conversation to focus back to moms, sharing messages and images through social media that encourage moms, friends, family and care providers To Ask Her The Question: How are you feeling? Sleeping? Eating?

TAKE ACTION: Support the May Campaign by sharing daily messages on Facebook and Twitter and by displaying the new National symbol for maternal mental health awareness, the Blue Dot, as your profile picture. Click [HERE](#) for more information.

LOBBY DAY -- Tuesday, May 17. Join the NCMMH in convening advocates, mothers, fathers, family members and survivors of perinatal mood and anxiety disorders to let Congress know they need to support moms, babies and families. Cost is \$50 and includes lunch, advocacy materials and events and being part of something powerful!

TAKE ACTION: Click [HERE](#) to learn more and register.

All The News That's Fit To Print

***Postpartum Support
International (PSI)
Annual Conference***

June 22-24, 2016

PSI's annual conference is a great opportunity to learn the latest about PMADs while connecting with colleagues, advocates, and survivors. Click [HERE](#) to learn more and register.

Stay up-to-date with news related to PMADs...

**Become a PSVa
FACEBOOK FAN**

It seems everyday there is an article in the mainstream media raising awareness about perinatal mood and anxiety disorders (PMADs). Important news outlets -- *The New York Times*, *Washington Post*, *National Public Radio*, *People Magazine* -- all have featured stories that are accurate, sensitive, and insightful. Most importantly, all include information about where moms and families can find help.

LEARN MORE: Click [HERE](#) to see a list of articles and stories.

Hope and help for new mothers



www.postpartumva.org

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