PSVa Today
March 2017

PSVa Website and Publications

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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 and Help Hero
Melissa Nauss

We've got a new look!
Check out our updated website
www.postpartumva.org

And we are thrilled to share our publications, which are available to download and print for FREE!

The INFORMATION CARD includes basic information in an eye-catching two-sided card (4”x9”) that is perfect to be displayed in standard brochure holders. The Information Card has space to include local contact information. PSVa encourages maternal-child healthcare providers to distribute Information Cards during pregnancy and the first year postpartum.

PSVa’s FACT SHEET includes the basics about PMADs: signs and symptoms; things women say; where to go for help. The B side contains information about the Baby.
We are thrilled to announce that Melissa Nauss has joined PSVa’s staff as Resource Coordinator, ensuring our lists of mental health providers are accurate and up-to-date. Melissa brings a wealth of experience which includes her work as the founder of Stars and Stripes Doulas and winner of the Armed Forces Insurance Military Spouse Magazine Joint Base Andrews Spouse of the Year for the second year in a row. Melissa will also be supporting military families. Please welcome Melissa to the PSVa family!

Our 11th annual LUNAFEST fundraising event was a huge success! Over 200 friends of PSVa enjoyed an evening of friendship, films, and fun. This year’s festivities included live jazz music by JC and the Lava Lamps and a reading by author Kelly Sokol from her novel “The Unprotected” which features a storyline about postpartum depression. Best of all, we raised over $15,000 to help new moms and families recover from postpartum depression and other PMADs.

Thank you to everyone who supported LUNAFEST:
-- friends and family
-- sponsors and donors
-- JC and the Lava Lamps
-- Kelly Sokol

Blues, the normal adjustment period that most women (about 80%) go through in the first few weeks.
following baby's arrival. Fact Sheets can be updated with local support group information.

**PREDICTORS / RISK FACTORS**

It's never just one thing that causes a woman to have a PMAD experience; more often, it's the perfect storm of a combination of risk factors. This one-page document lists the many possible factors that contribute to a PMAD experience. This is a great tool for psychotherapists to explain the many factors that can contribute to a woman experiencing PMADs.

**PATH TO WELLNESS**

Fortunately there is a tried-and-true path to recovering from a PMAD experience: a combination of self-care, social support, talk therapy, and medication. PSVa's Path to Wellness describes how these four elements can help women recover and regain their sense of wellness.

**POSTPARTUM PLAN**

Putting the right things in place BEFORE baby is born can help mitigate -- and maybe even prevent -- a PMAD experience. Use this document to prepare for the reality of having a baby by addressing such as basic needs as eating, sleeping, and caring for older children.

Hope and help for new mothers

www.postpartumva.org

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