



# Postpartum Support Virginia

Hope and help for new mothers

## MISSION

Help childbearing women and their families overcome postpartum depression and other perinatal mood and anxiety disorders (PMADs)

## VISION

All childbearing women in Virginia will receive information about perinatal mood and anxiety disorders (PMADs) and have access to help

## PERINATAL MOOD & ANXIETY DISORDERS

*It's not just postpartum. It's not just depression.*

Perinatal mood and anxiety disorders (PMADs) – primarily anxiety and depression -- are the most common complication of pregnancy and childbirth, affecting 1 in 5 women from conception to baby's first birthday.

PMADs are caused by changes in hormones, biology, psychology, and environment. Left untreated, PMADs can have long-term negative impact on mother, baby, and entire family.

## PMADs: Facts and Figures

### SOURCES

Postpartum Support International, Postpartum Progress  
Wilder Foundation, Virginia Department of Health

**20%**

Percentage of childbearing women who will experience PMADs

**30-50%**

Percentage of childbearing women in high-risk populations who will experience PMADs

## SUICIDE

Leading cause of maternal death in the first year postpartum

*Women with high risk pregnancies or who have a baby in the NICU  
Low income immigrant women*

**\$22,000**

Annual cost per mother/infant pair of NOT treating PMADs  
*Lost wages, unnecessary visits to the ER and doctor's office,  
treating poor birth and poor health outcomes in children*

## IN VIRGINIA IN 2016

100,000 babies were born  
20,000 women experienced PMADs  
at a cost of \$440 million

## 2016 At A Glance

**393**

Women and families who sought help from PSVa

**17**

Support groups

**51**

Volunteers

**2,288**

Volunteer hours valued at  
**\$56,500**

**1,234**

Facebook Followers

**10,583**

Website Users

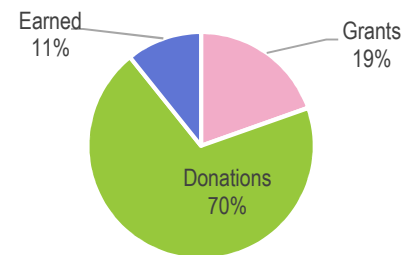
**450 Gifts**

\$134 Average Gift Size

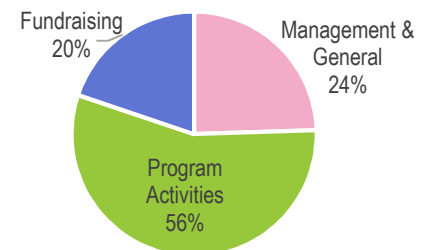
### Grantors

Arlington Community Foundation  
Bernardine Sisters Foundation  
Vicki Collins Foundation  
Williamsburg Community Foundation

## 2016 Income



## 2016 Expenses



[www.postpartumva.org](http://www.postpartumva.org)