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

$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 PSVs
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

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www.postpartumva.org