Women of every culture, age, income level, and race can develop perinatal anxiety and mood disorders (PMADs). Here’s how you can help:

- Ask a new/pregnant mom how she is doing.
- Let her know it’s OK to ask for help.
- Point her to www.postpartumva.org
- Make a year-end donation at www.postpartumva.org/donate

MISSION
Help women and families overcome postpartum depression and related perinatal mood and anxiety disorders (PMADs)

VISION
All childbearing women in Virginia will be educated about PMADs and have access to help

2018 HONORS & RECOGNITIONS
Innovation Award by 2020Mom for our maternal mental health coalition model
“Woman of Vision” honor given to our executive director by Arlington County’s Commission on the Status of Women

Each year, 100,000 babies are born in Virginia. 20,000 women will experience PMADs— at a cost of $440 million.

“I felt like the worst mom in the world”

Your gift let us provide hope & help for moms like Ashley

She had been a mom for two weeks. But instead of the joy everyone told her she would feel, Ashley felt like she wasn’t bonding with her daughter and was haunted by thoughts of hurting her baby girl—even though she knew she would never act on them. She felt like the worst mother in the world.

While going through hospital paperwork, she found PSVa’s information card, which described signs of anxiety and depression. She read the card with her mother-in-law, saying “That’s me!” about every symptom. Ashley immediately called PSVa. When the “Mom On Call” volunteer responded to her message, Ashley was in tears. The Mom on Call reassured Ashley that many new mothers have these fleeting thoughts, and that she herself had once envisioned dropping her baby down the stairs. She encouraged Ashley to attend the local PSVa support group, and directed her to PSVa’s website for mental health providers who specialize in treating pregnant and postpartum women.

Ashley attended the support group the following week. When it was her turn to talk, she said, “I feel like my baby would be better off without me.” Several group members said that they, too, had felt this way. They gently told Ashley it was not her fault, but rather a symptom of postpartum depression and anxiety. Ashley left the meeting with phone numbers for two members, who offered to bring her dinner. More importantly, she left with hope that she would soon feel better.

Postpartum depression and other perinatal mood and anxiety disorders (PMADs) are the most common complication of pregnancy and childbirth, affecting at least 1 in 5 women. Fortunately, these illnesses are temporary and treatable.

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Support to Women & Families
PSVs is easily accessible by phone, email, text, social media, & support groups

Support Groups
952 group meetings held

Information & Resources
PSVs connects women with resources for recovery

Outreach & Education
PSVs educates stakeholders who interact with childbearing women

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Postpartum Support Virginia
Hope and help for new mothers

$150,000 BUDGET

INCOME
7% Fees
35% Grants
25% Donations
23% Events

EXPENSES
10% Fundraising
13% Management & Administration
77% Programs & Services

"Talking with a PSVa volunteer literally saved my life. I was having suicidal thoughts. I could not sleep or eat. The PSVa volunteer spoke to me for over an hour as I cried; she described her experience with postpartum depression which was exactly like mine. She made me promise to get help. She called the next day to see how I was doing. I am eternally grateful to PSVa for providing hope and help when I was at my lowest."

7 part-time paid staff
19 hospitals hosting support groups
41 volunteer support group leaders
611 donors

PSVs has partnered with Shelane’s Run, a Run/Walk and Family Fun Day, which is the only road race in Virginia focused on maternal mental health. Shelane’s Run honors Shelane Gaydos, a lifelong Fairfax resident and mother of three beautiful little girls who tragically ended her life in 2015 after suffering severe postpartum depression and psychosis. Funds from Shelane’s Run provided 4 grants to women needing financial assistance in their PMAD recovery, plus education scholarships for 17 PSVa volunteers.

Make a gift that makes a difference! Give today at www.postpartumva.org/donate

SUPPORT GROUP HOSTS
Bon Secours Hospitals: St. Francis Medical Center; St. Mary’s Hospital
Child Development Resources
Children’s Hospital of
The King’s Daughters
Cypress Counseling
HCA Hospitals:
Johnston-Willis Hospital;
Spotsylvania Regional Medical Center
Horizon Wellness Center
Inova Hospitals: Alexandria, Fairfax, Fair Oaks, Loudoun
Kempsville Presbyterian Church
Novant UVA Health
Prince William Medical Center
Portsmouth Naval Medical Center
Sarah Garland Center
Sentara Hospitals: Leigh, Martha Jefferson, Princess Anne, RMH Medical Center, Williamsburg
Regional Medical Center
University of Virginia Medical Center
VCU Health Children’s Pavilion
Virginia Hospital Center
Wyndhurst Counseling

PARTNERS, GRANTS, & SPONSORS
Bernardine Franciscan Sisters Foundation
Charlottesville Area Community Foundation
Combined Federal Campaign
Inova Health System
Langley For Families Foundation
Junior Women’s Club of Williamsburg
Marinus Pharmaceuticals
Metropolitan Health Foundation
Potomac Health Foundation
RMH Foundation
Sage Therapeutics
Sentara Foundation
Shelane’s Run
Urban Baby Beginnings
Vicki Collins Foundation
Williamsburg Community Foundation
Williamsburg Health Foundation

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