

# PSVa Today December 2015

*2015 Year in Review*

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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



Hilda Templeton, MD, has had a long career working with women experiencing PMADs, most recently as a

## *PSVa By The Numbers*

**275** women received help from PSVa

**15** support groups

**24** volunteer support group leaders

**1,404** volunteer hours valued at **\$32,000**

**\$4,650** value of donated space for support groups

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## *Costs of Providing Services*

**\$1** Provide an information packet to a new mom

**\$15** Help someone via phone or email

**\$100** Train a volunteer

**\$168** Host one support group meeting

**\$250** Provide info session to a doctor's office

**\$1,025** Host a one-day volunteer training session

**\$2,500** Provide year supply of Fact Sheets to a hospital

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## *Each Year in the United States*

**6.5** million pregnancies

**4** million babies born

psychiatrist in private practice in Roanoke (where she also consulted to the Carilion Clinic). Hilda's LinkedIn page now lists her as "Happily Retired". We are so grateful to Hilda for her years of helping new and expectant mothers overcome anxiety and depression. All the best in this next phase in life!

### Let PSVa Help With Holiday Shopping!



Find the perfect gift for the special ladies in your life. Check out PSVa's line of jewelry and other gift items including ornaments, wine cozies, and coasters. Avoid the crowds....and shop from the comfort of home!



Support PSVa as you shop for the holidays! Here's how: go to AmazonSmile and select Postpartum Support Virginia. AmazonSmile will donate 0.5% of eligible AmazonSmile purchases to PSVa.

**1 million** women will experience PMADs

**400** new mothers will commit suicide

**More women will experience PMADs than the combined number of new cases of Alzheimers + Parkinsons + Tuberculosis + Leukemia**

Sources:

*Postpartum Progress, Centers for Disease Control  
Postpartum Depression for Dummies (Bennet)*

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### Thank You to Our Generous Donors

**290** Individual donations valued at **\$55,946**

**\$4,800** from 100WomenWhoCare / NoVa Chapter

**4** Grants valued at **\$16,000**

*The Dominion Guild  
Community Foundation for Northern Virginia  
Williamsburg Community Foundation  
Williamsburg Health Foundation*

Hope and help for new mothers



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

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