

Make a year-end donation at  
[www.postpartumva.org/donate](http://www.postpartumva.org/donate)

to ask for help. Point her  
to [www.postpartumva.org](http://www.postpartumva.org)

Let her know it's OK  
**Ask a new/pregnant  
mom how she is doing.**

**Here's how  
you can help:**

Women of every culture, age, income  
level, and race can develop perinatal  
anxiety and mood disorders (PMADs).

P.O. Box 7521  
Arlington VA 22207

**Postpartum  
Support Virginia**



Address Service  
Requested

NON-PROFIT ORG  
US POSTAGE PAID  
ARLINGTON, VA  
PERMIT NO. 200

**Postpartum  
Support Virginia**  
*Hope and help for new mothers*



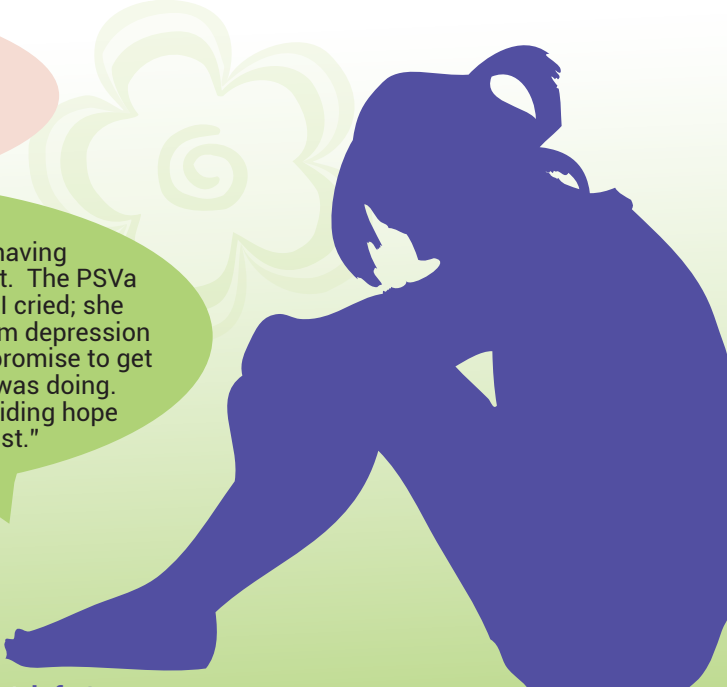
**ANNUAL REPORT 2017**

*100,000 babies are born in Virginia each year.  
20,000 mothers will experience PMADs.*

"I kept saying 'Something is wrong,' but NOBODY was hearing me. I was feeling so overwhelmed that I wanted to shake the baby to make him stop crying. I was so exhausted that I thought suicide was an option. When I called PSVa, I kept praying, 'Please answer the phone. Please answer the phone.' PSVa was my last resource."

"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 as 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."

"I'm so glad I attended a PSVa support group. The other women validated my experience. The support group leader was so open and honest and caring as she described postpartum depression and anxiety. It felt great to know I had a safe space to share my feelings."

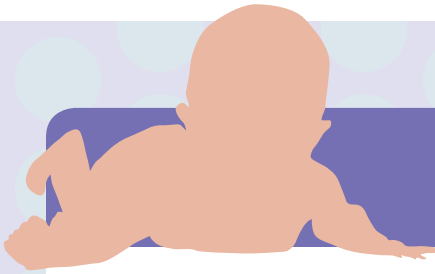




# Postpartum Support Virginia

Hope and help for new mothers

## How You Helped



**498**  
women helped via phone,  
email, text, or support group



**21**  
support groups

**240**  
meetings for support

**162**  
trained mental health  
providers for referrals



**1 in 5** women will experience perinatal anxiety  
and mood disorders (PMADs)

## Our Team

- 4** Part-time staff
- 12** Hospitals hosting support groups
- 51** Volunteers provided 2,190 hours valued at \$50,370
- 566** Donors

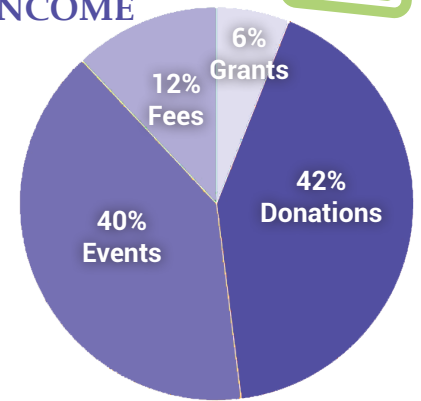


## Stewardship of Your Gifts

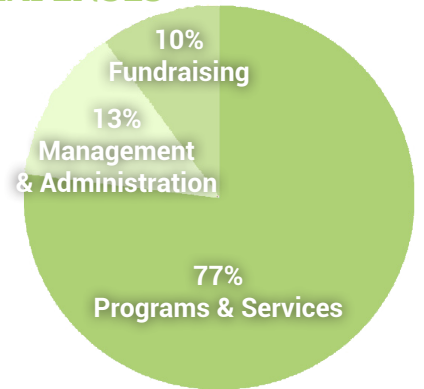
Total Budget: \$100,000



### INCOME



### EXPENSES



### Our Partners

- Shelane's Run
- Combined Federal Campaign
- Vicki Collins Foundation
- Langley for Families Foundation
- Williamsburg Community Foundation
- Williamsburg Health Foundation

Special thanks  
to our  
support group  
hosts

Bon Secours St. Francis Medical Center  
 Central Rappahannock Regional Library  
 Centra Medical Group Women's Center  
 Children's Hospital of The King's Daughters  
 Cypress Counseling  
 HCA Chippenham & Johnston-Willis Hospitals  
 Horizon Wellness Center  
 INOVA Hospitals (Alexandria, Fairfax, Fair Oaks)  
 Kempsville Presbyterian Church

Life Wellness Center  
 Novant UVA Health Prince William  
 Medical Center  
 Portsmouth Naval Medical Center  
 Riverside Partners in Women's Health  
 Sentara Hospitals (Princess Anne, RMH Medical  
 Center, Williamsburg Regional Medical Center)  
 Virginia Hospital Center  
 Wyndhurst Counseling Center