



**Dignity Health  
Foundation™**

**Postpartum Depression Initiative**

**“Give all  
mothers and  
their children the  
chance to thrive”**

Up to

**70%**

of new mothers with PPD experience symptoms for one year or longer

Each year, more than

**3 times**

more women suffer from postpartum depression than breast cancer

Of the

**900,000 women**

in the U.S. who get PPD each year, only 50,000 ever receive professional help

Suicide accounts for

**20%**

of deaths among new mothers, second only to complications during childbirth



Melanie and her husband Luke were eagerly awaiting the arrival of their first child, but in the weeks after giving birth Melanie found herself overwhelmed with sadness. She felt disconnected and anxious, and was ashamed to admit that she was not bonding with her new baby. These are just some of the symptoms of postpartum depression (PPD), which is by far the most common condition associated with pregnancy and childbirth. Each year, more than 60,000 new babies are born at Dignity Health hospitals, many of which are located in communities where expectant mothers are already coping with poverty and stressful lives. In most cases, PPD goes unrecognized and untreated, leaving mothers distressed and their fragile infants at risk for developmental delays and lifelong behavioral problems.

“Our goal is to benefit both mothers and their newborns, so that each generation can thrive.”

### Support the next generation with your gift today

Contact Nancy Bussani, Dignity Health Foundation  
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To make your gift online, visit  
[dignityhealthfoundation.org/ppd](http://dignityhealthfoundation.org/ppd)

**Hello humankindness™**

### We are committed to giving families a better start

Dignity Health is launching a Two-Generation Solution Toolkit for Postpartum Depression. Our goal is to benefit both mothers and their newborns, so that each generation can thrive. Phase one will establish universal PPD screening for all new mothers at our 39 hospitals throughout California, Arizona and Nevada. We are also developing innovative pilot programs in obstetricians' and pediatricians' offices, and using technology to connect with families who are impacted by PPD. Ultimately we will make Dignity Health a national model of excellence for maternal and infant wellbeing.

### You can help to give families a better start, too

We are deeply committed to our Postpartum Depression Initiative. We ask you to join us in giving hope to new mothers and their babies. Your unrestricted gift in any amount is welcome and will be applied where the need is greatest. We also invite you to consider one of the following funding opportunities:

**\$100,000** will fund the annual salary for a half-time behavioral health professional to support new mothers and their infants

**\$50,000** will develop a region's web-based directory and app that medical providers can use to refer mothers to services designed to treat postpartum depression

**\$10,000** will train a team of former PPD sufferers to serve as patient advocates who will collaborate with hospital staff to offer support and resources

**\$1,000** will assist community health coordinators to reach 100 pregnant women or new mothers to educate them about what PPD is and how to get help