

## House Resolution 395

By: Representatives Cannon of the 58<sup>th</sup>, Miller of the 62<sup>nd</sup>, Clark of the 108<sup>th</sup>, Bazemore of the 69<sup>th</sup>, and Paris of the 142<sup>nd</sup>

## A RESOLUTION

1 Designating the month of May as Maternal Mental Health Awareness Month; and for other  
2 purposes.

3 WHEREAS, over 100,000 babies are born in the State of Georgia each year; and

4 WHEREAS, between 10 and 20 percent of new and expectant mothers are affected by  
5 perinatal depression and related mood disorders, such as anxiety and psychosis, and  
6 frequently experience symptoms which are overlooked and heavily stigmatized, causing  
7 them to feel confused, ashamed, and isolated; and

8 WHEREAS, perinatal depression and related mood disorders affect all women and teenage  
9 girls equally, regardless of their age, race, or income level; and

10 WHEREAS, perinatal depression is highly treatable with therapeutic intervention such as  
11 medication, professional therapy and counseling, support groups, and community support  
12 services, including crisis hotlines, but there is a general lack of knowledge of and use of  
13 screening and assessment tools for perinatal depression and related mood disorders; and

14 WHEREAS, many women at risk for perinatal depression often do not seek help because  
15 they are not informed about perinatal depression and related mood disorders as part of their  
16 healthcare; and

17 WHEREAS, if left untreated, perinatal depression and related mood disorders in new and  
18 expectant mothers can have a profound impact on families and significantly contribute to  
19 adverse developmental and behavioral outcomes and attachment disorders in young children;  
20 and

21 WHEREAS, to promote maternal and infant mental health in the State of Georgia, there is  
22 a need for heightened awareness and increased education among all citizens in this state  
23 regarding the incidence of perinatal depression and related mood disorders and the  
24 availability of prenatal screening tools and treatment, prevention, and support services.

25 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES that  
26 the members of this body:

27 (1) Designate May of each year as Maternal Mental Health Awareness Month in the  
28 State of Georgia;

29 (2) Encourage officials and departments of state, county, and municipal governments,  
30 businesses, and all citizens to participate in appropriate programs and activities that  
31 facilitate increased awareness and education about perinatal and related mood disorders  
32 throughout each May during Maternal Mental Health Awareness Month; and

33 (3) Respectfully request the Governor to issue annually a proclamation recognizing May  
34 in the State of Georgia as Maternal Mental Health Awareness Month and call upon the  
35 people in the State of Georgia to observe the month with appropriate programs and  
36 activities.

37 BE IT FURTHER RESOLVED that the Clerk of the House of Representatives is authorized  
38 and directed to make appropriate copies of this resolution available for distribution to  
39 Governor Brian Kemp and the public and the press.